SHARE OUR STRENGTH'S
COOKING MATTERS®
NO KID HUNGRY

COOKING MATTERS AT THE STORE

A guided grocery store tour teaching skills for buying healthy foods on a budget.

Want to save money at the store?
Want to buy healthy foods for your family?
Need some tasty and healthy recipes?

If you said yes, come join us for a free guided grocery store tour!

During the hour tour, you'll practice skills like:

- buying fruits and vegetables on a budget
- comparing unit prices to find bargains
- reading and comparing food labels
- identifying whole grains
- and sticking to your budget!

After the tour you will receive a:

- **FREE** $10 worth of healthy groceries of your choice using the skills learned on the tour
- **FREE** book full of tasty recipes and simple tips on buying healthy, low-cost foods
- **FREE** reusable grocery bag

WIC will also include:

- Nutrition education credit for WIC family participation

SIGN UP TODAY FOR A FREE GROCERY TOUR!

Date: June 28th, 2017

Time: 12:30 - 2:00pm

Location:

Festival Foods

3207 80th St. Kenosha, WI 53142

RSVP: Alana Perez-Valliere,
alana.perezvalliere@ces.uwex.edu
262-635-5343

Questions? Can't make this tour but want to participate in the future? Call Alana at 262-635-5343.

K-HIP
KENOSHA COMMUNITY FOOD SECURITY

FOOD WISE
Healthy choices, healthy lives.

UW Extension
University of Wisconsin-Extension

NATIONAL SPONSOR
Walmart

NO KID HUNGRY