



AFTER THE TOUR YOU WILL RECEIVE:



\$10 gift card to supermarket!



Book full of healthy recipes & shopping tips!



Free reusable grocery bag!

NATIONAL SPONSOR



COOKING MATTERS AT THE STORE

Free grocery store tour will help you learn to shop smarter on a budget!

Learn to:

- Find healthiest options
- Get best value for fruits and vegetables
- Compare unit prices to find bargains
- Understand food labels
- Find whole grains, and
- Stick to your budget!

This program was partially funded by USDA's Supplemental Nutrition Program as part of SNAP-Ed, brought to you by Cooking Matters®. To find out more, contact 1-866-950-FOOD(3663).

You will receive:



Please Join Us On:

- 12/17 at 6pm
- 12/18 at 4pm
- 12/19 at 4pm
- 12/20 at 6pm
- 12/21 at 10am

Meet at:

Food Lion

2460 Stantonsburg Rd,
Greenville, NC 27835

Tours last
1.5 - 2 hours

This is part of a research study in collaboration with East Carolina University to provide patients with the opportunity to learn about healthy shopping and nutrition habits to improve their health. Participants will complete surveys as part of this tour.