



SHARE OUR STRENGTH'S
**COOKING
 MATTERS®**
 NO KID HUNGRY

SIGN UP TODAY FOR A FREE GROCERY TOUR!

Date: Monday, October 14th
 (Columbus Day)

Time: 1:00 – 2:30 pm

Location: Neighborhood
 Pride, 210 Hancock Street,
 Ithaca, NY

RSVP: Lara Parrilla Kaltman
 at Cornell Cooperative
 Extension of Tompkins
 County at 607-272-2292.



COOKING MATTERS® AT THE STORE

A Guided Grocery Store Tour to Help Families
 Buy Healthy, Affordable Foods

Want to save money at the store?

Want to buy healthy foods to feed your family?

Want to learn how to make the most of your WIC check?

Want a fun way to fulfill your WIC nutrition education
 requirement?

If you said yes, come join us for a free

Cooking Matters at the Store guided grocery store tour!

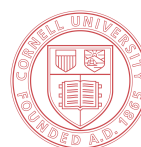
Practice skills like:

- 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 gift card to the grocery store
- **FREE** workbook full of tasty recipes and simple tips
 on buying healthy, low-cost foods
- **FREE** reusable grocery bag
- **FREE** calculator

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 Extension**
 Tompkins County