

COOKING MATTERS AT THE STORE FOR WIC PARENTS

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

**Learn to:**

* Find healthiest options
* Learn how to utilize your WIC dollars
* Get best value for fruits and vegetables
* Compare unit prices to find bargains
* Understand food labels
* Find whole grains
* Stick to your budget!

\*\*Tours are open to households at or below 185% of the federal poverty level (about $3,747/month for a family of four).

Proof of income is not required.

**PARTICIPANTS RECEIVE:**

Free reusable grocery bag!

Book full of   
healthy recipes   
& shopping tips!

$10 gift card   
to supermarket!

**SIGN UP FOR A FREE GROCERY TOUR!**

**DATE:**

**TIME:**

**LOCATION:**

**RSVP:**