



Extension
Nutrition Connections



COOKING MATTERS®
is locally sponsored by:



SHARE OUR STRENGTH'S
COOKING MATTERS®
NO KID HUNGRY

Adults



Healthy food doesn't have to break the bank. It all starts with the cart.

A FREE Grocery Store Tour *\$10 FREE For You To Shop!*

offered through UNH Cooperative Extension Nutrition Connections, Cooking Matters®, and the NH Food Bank.

During the 1.5 hour-tour, participants are empowered with four key food skills:

- Reading food labels
- Comparing unit prices
- Finding whole grain foods
- Identifying three ways to purchase produce
- Shopping skills through a **\$10 Challenge Event**

WHEN

WHERE

TO REGISTER CONTACT

For persons with disabilities requiring special accommodations, please contact _____ at _____ within 7 days so proper consideration may be given to the request. Language assistance is available at no cost.

Income Guidelines Apply

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating. USDA is an equal opportunity provider and employer. The preparation of this document was financed under a contract with the State of New Hampshire, Department of Health and Human Services. 17This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. 1/16 Revised 9/17