

Do you want your grocery dollars to stretch?

Join us for a **FREE ONLINE** Cooking Matters at the Store Tour!

Offered through UNH Extension Nutrition Connections, Cooking Matters® and NH Food Bank



This workshop is designed to teach you about:

- Reading food labels
- Comparing unit prices
- Finding whole grains
- Purchasing produce in three ways, and more!

The first 25 attendees will receive a \$10 Littleton Food Coop Gift Card!

When: October 20th, 2020

Time: you choose; 10-11:30 am or 6-7:30 pm
Virtually, from your phone, tablet, or computer.

To register and receive ZOOM link contact:

Lisa Ford

Cell: 603-568-9808

Email: lisa.ford@unh.edu

For persons with disabilities requiring special accommodations, please contact Lisa Ford at 603-568-9808 within 7 days so proper consideration may be given to the request. Language assistance is available at no cost.



To qualify for the gift card, you must receive SNAP benefits.



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