



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



SIGN UP TODAY FOR A FREE GROCERY TOUR!

Date:
Thursday, April 2nd

Time:
5:30pm – 7:00pm

Locations:
Superior Hy-Vee
5020 N. 27th St.
RSVP to: Travis Lucas
402-477-4764 or
tlucas@hy-vee.com
Meet at customer service.

**Space is limited so please
RSVP!**

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?
Need some tasty and healthy recipes for your family?

If you said yes, come join us for a free
Cooking Matters at the Store for Adults 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 in healthy groceries following the tour*
- **FREE** workbook full of tasty recipes and simple tips on buying healthy, low-cost foods*
- **FREE** reusable grocery bag*

*One per household

