

COOKING MATTERS[®] at the store



The **free grocery store tour** provides participants with skills to compare food cost and nutrition to make healthy choices.

DATE: Wednesday, January 15, 2024 2:00 - 3:30
LOCATION: Waveland Library

Participants learn:

- how to plan healthy and tasty meals
- about the five food groups
- how to shop on a budget
- about canned, frozen and fresh produce
- how to use unit pricing to save money
- the benefits of buying in bulk
- how to read food labels
- how to choose the healthiest options when grocery shopping

Participants say:

"I enjoyed the tour. I try to eat healthy already and now I know how."

Channon

"I learned a lot; foods are cheaper in their whole form. I will start to read labels more and look for the words "whole grain" on bread from now on."

Doris

To sign up for a local COOKING MATTERS AT THE STORE tour, please contact:

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Phone or email: (228) 467-5456 // as4592@msstate.edu
or Waveland Library - 467-9240

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