



Free Grocery Shopping Tour

Cooking Matters at the Store:

where

WinCo Foods
1920 Olympic St, Springfield, OR
97477

who

Open to adults with a limited food budget.

how

Registration is required. Sign up at
541-682-3558

When

Wednesday, March 7 10 am– noon

details

Cooking Matters at the Store is a two hour grocery tour, where participants learn how to make the most out of their food budget.

Shop for Healthy Meals on a Budget

Participants will complete a food planning challenge and receive a \$10 gift card to purchase that meal.

- **Make the most of your food budget**
- **Plan a meal for under \$10**
- **Learn how to read nutrition labels**
- **Identify Whole Grains**

