



SHARE OUR STRENGTH'S
**COOKING
 MATTERS**[®]
 NO KID HUNGRY



SIGN UP TODAY FOR A FREE GROCERY TOUR!

Date:
 Saturday, July 12th

Time:
 10am - 11:30am
OR
 1pm - 2:30pm

Location: Kearney Hy-Vee
 5212 3rd Avenue
 Kearney, NE 68845

RSVP: Kaiti George
kgeorge@hy-vee.com **OR**
 308-236-0024

We will meet at Customer Service
 at the front of the store.

**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 gift card to spend on 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

