



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

SIGN UP TODAY FOR A GROCERY TOUR!

RSVP: Call or email
Stan Kogan at (605) 367-8031
or skogan@siouxfalls.org

Leave your name, phone number, email address, preferred grocery store location, language (if other than English), and whether you receive SNAP or WIC benefits.

You will be contacted as soon as a grocery store tour is available at your chosen location.

Visit us at livewellsiouxfalls.org
and find us on social media!



CookingMatters.org

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?
Want to learn how to make the most of your food budget?
Want a fun way to help your family eat a balanced diet?

If you said yes, come join us for a free 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 of your choice using the skills learned on the tour
- **FREE** workbook full of tasty recipes and simple tips on buying healthy, low-cost foods
- **FREE** reusable grocery bag

Live Well Sioux Falls will also provide:

- Activities for kids at some locations
- Nutrition education credit (WIC)