



SIGN UP FOR A FREE WORKSHOP!

DATE: December 6th

TIME: 6 pm to 7 pm

LOCATION:

16 Strathcona Rd, Dorchester
MA 02121

RSVP:

Please RSVP with your Case
Manager by December 1st

COOKING MATTERS AT THE STORE

Join our free workshop and
practice healthy shopping on a
budget.

Learn to:

- Find healthiest options
- Get best value for fruits and vegetables
- Compare unit prices to find bargains
- Understand food labels
- Find whole grains, and
- Stick to your budget!

AFTER THE WORKSHOP YOU WILL RECEIVE:

Hildebrand

Family Self-Help Center, Inc.



\$10 gift card
to supermarket!



Book full of
healthy recipes
& shopping tips!



Free reusable
grocery bag!

NATIONAL SPONSOR



This program was partially funded by USDA's Supplemental Nutrition Program as part of SNAP-Ed, brought to you by Cooking Matters®. To find out more, contact 1-866-950-FOOD(3663).