



## DO YOU WISH YOU COULD EAT HEALTHIER WHILE SAVING MONEY?

### COOKING MATTERS CAN HELP:

- ✓ Spend less time grocery shopping
- ✓ Make the best choice for your family
- ✓ Plan easy and delicious meals while saving money

**DATE:** Wed. September 26, 2018

**TIME:** 6:30-7:30PM

**LOCATION:**

**Manet Community Health Center**

180 George Washington Blvd.  
Hull 02045

**RSVP:**

617-404-4112

[info@manetchc.org](mailto:info@manetchc.org)

Rain Date: Oct. 3<sup>rd</sup> 6:30-7:30PM

**FREE**  
Cooking Matters Grocery  
Store Workshop

**WHY SIGN UP?**

You want the best for your family,  
but time, money, and picky eaters  
can make it hard.



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).