



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



CookingMatters.org

**SIGN UP TODAY
FOR A FREE
POP-UP COURSE!**

Dates: April 16, 2019

Time: 10am

**Location:
40445 S.Groesbeck
Clinton Twp., MI
48036**

**RSVP: Crystal @
586-466-4105**



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COOKING MATTERS AT THE STORE

A class teaching skills for buying healthy foods on a budget.

During the hour pop-up tour, you'll 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:

- **\$10 worth of groceries** to practice using the skills learned on the tour
- **FREE** book full of tasty recipes and simple tips on buying healthy, low-cost foods
- **FREE** reusable grocery bag

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Michigan State University Extension –
Macomb County

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