

\$10 of FREE Groceries

HEALTHY EATING DOESN'T HAVE TO BREAK THE BANK

Cooking Matters® at the Store is a 90-minute tour that teaches you how to buy healthy food on a budget.

After the tour you will receive a **FREE**:

- ◆ \$10 gift card to Food Lion to buy healthy food using skills learned during the tour
- ◆ Shopping and recipe workbook
- ◆ Re-usable grocery bag



**Saturday
July 14th**

3225 Avent Ferry Rd,
Raleigh, NC 27606

TOUR TIMES

5:30 PM

6:00 PM

6:30 PM

*Registration begins at 5:10 PM.
Tours are limited to first come,
first served. Tours are run by the
Inter-Faith Food Shuttle. For
questions, please call
919-390-2097*

After attending a Cooking Matters at the Store Tour:

- ◆ 89% of families reported saving money on groceries
- ◆ 85% of families reported that they buy less unhealthy food

Tours target families in need. Must be 18 or older to participate.
Tours will be led in English.

