



SHARE OUR STRENGTH'S
**COOKING
MATTERS**
NO KID HUNGRY



SIGN UP TODAY FOR A FREE CLASS!

Date:
Monday, April 10

Time: 1:00 PM

Location:
Concord Senior Center
40 Commerce Street
Springville, NY 14141

RSVP: Eleanor Eschborn
(716) 592-2764
Or
Jennifer Scheibner
Cooking Matters Presenter
(913) 963-2941

COOKING MATTERS

Teaching skills for buying healthy foods on a budget.

Want to save money at the store?
Want tips on buying and serving healthier foods?
Need some tasty and healthy recipes?

If you said yes, come join us for a free class!

During the class, you'll learn 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 class you will receive a:

- **FREE \$10 Gift Card** to purchase healthy and affordable foods of your choice using the skills learned in the class
- **FREE book** full of tasty recipes and simple tips on buying healthy, low-cost foods
- **FREE reusable grocery bag**

Sign up today!

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