

MAINE



SNAP-Ed

Healthy Eating on a Budget

Cooking Matters at the Store™

Adults: 18+

Description: Share our Strength's Cooking Matters at the Store™ is a guided grocery store tour that teaches families how to stretch their food budgets to prepare healthy meals at home. This nutrition education session teaches adults how to shop for low-cost ingredients to make healthy meals at home. This can be the difference between feeding families for just one night and making sure they have the knowledge, skills and resources to grocery shop to prepare healthy meals for a lifetime.

Goal: To teach low-income adults how to shop for healthy foods to prepare nutritious meals at home on a limited budget.

Program Highlights:

- \$10 gift card challenge activity where participants buy a healthy meal for a family of four (for under \$10)
- FREE workbook full of tasty recipes and simple tips on buying healthy, low-cost foods
- FREE reusable grocery bag

Topics:

- Buying fruits and vegetables on a budget
- Comparing unit prices to find the best bargains
- Reading and comparing the Nutrition Facts on food labels
- Identifying whole grains
- Tips for sticking to a food budget!

For more information, contact your local Healthy Maine Partnership, visit: www.maine.gov/snaped OR call 221-4560.

In partnership with



**Good Shepherd
Food-Bank**
Feeding Maine's Hungry

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