

Do you want your grocery dollars to stretch?

Join us for a **FREE ONLINE** Cooking Matters at the Store Tour!

Offered through UNH Cooperative Extension Nutrition Connections, Cooking Matters® and NH Food Bank



This workshop is designed to teach you:

- Reading food labels
- Comparing unit prices
- Finding whole grains
- Purchasing produce in three ways, and more!

All attendees receive a \$10 Hannaford Gift Card!

Where: Zoom

When: Wed. 6/30 from
10-11am

To sign up and learn more [CLICK HERE!](#)

For more info call

Carol @ The Grapevine
(603) 588-2620



Shannon @ The River Center
(603) 924-6800

