



**FREE \$10 HANNAFORD
GIFT CARD if you stay
for the 1 hour
presentation!**

COOKING MATTERS AT THE STORE

A FREE Pop-Up Grocery Store Tour with
tips for shopping healthy on a budget

DATE:

Tuesday April 14

TIME:

4 - 5pm

LOCATION:

Bridgton Public Library
1 Church St
Bridgton, ME 04009

Learn how to:

- Find the healthiest options for your family
- Get the best value for fruits and vegetables
- Compare unit prices to find bargains
- Identify whole grains
- Understand food labels
- Save money!



Good Shepherd
FOOD BANK OF MAINE



**COOKING
MATTERS®**

This program was partially funded by USDA's Supplemental Nutrition Program as part of SNAP-Ed, brought to you by Cooking Matters®. To find out more, contact 1-866-950-FOOD(3663).