

KENDALL COUNTY HEALTH DEPARTMENT

PROUDLY PRESENTS...



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



SIGN UP TODAY FOR A GROCERY TOUR!

Date: 2nd and 4th Thursday of every month

Time: 9:15 am - 10:45 am

Location: Jewel Osco
234 E. Veterans Parkway
Yorkville, IL 60560
We will meet inside near
Customer Service

Register: Kendall County
Health Department
(630) 553-9100

Questions? Can't make this tour but want to attend one in the future? Call us!



COOKING MATTERS AT THE STORE

A Guided Grocery Store Tour to Help Families Buy Healthy, Affordable Foods

Want to save money at the store?
Want to buy healthy foods to feed your family?
Want to learn how to make the most of your WIC check?
Want a fun way to fulfill your WIC nutrition education requirement?

If you said YES, come join us for a free guided grocery store tour!

Practice 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 tour you will receive a:

FREE \$10 gift card for produce of your choice using the skills learned on the tour

FREE workbook full of tasty recipes and simple tips on buying healthy, low-cost foods

FREE reusable grocery bag

For the latest news, visit our website

www.kendallhealth.org

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