



At **Moscow Food  
CO-OP**



Call *Mackenzie Femreite* at  
(208) 883-2267 to Sign-Up  
for this **FREE** tour!

You will receive:

- ✓ \$10 to spend on fruits and veggies!
- ✓ Reusable shopping bag
- ✓ Calculator
- ✓ Recipes

**September 16th & 30th, 10:00-11:15**

Must be **SNAP** eligible to participate

*Shopping Matters* is a program of Share Our Strength's Cooking Matters™, is an interactive guided grocery store tour that helps limited resource adults make healthy and affordable choices at the supermarket. During a *Shopping Matters* tour, participants learn information and practice skills that help them understand how to economically purchase fruits and vegetables, save money by comparing unit prices, and make healthier choices by reading food labels and ingredient lists. Participants also receive handouts and recipes so they can continue practicing what they learn at home and on future trips to the store.

**University of Idaho**  
Extension



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number.