



Saving \$ at the Grocery Store

where

WinCo Foods

2815 Chad Dr, Eugene, OR

who

Open to adults on a limited food budget.

how

Registration is required. Sign up by contacting Ben Brock at: (508) 443-6337 or

email: ben@transponder.community

when

August 31st 6:00-8:00pm

details

We address many ways to stretch a food budget in every area of the grocery store. Let's set you up for success and leave the store with ingredients to make some healthy, delicious meals.

Tips and Tricks of How to Get the Most at the Store

Shop for Healthy Meals on a Budget

- **Learn about Unit Pricing and other tips to maximize your food budget.**
- **Plan a meal for under \$10**
- **Learn how to read nutrition labels and not have to compromise nutrition for price.**