



at the STORE

One in five children in America is at risk of hunger, and too often, their parents and caregivers struggle to put healthy meals on the table. But healthy food doesn't have to break the bank!

HELP FAMILIES IN YOUR COMMUNITY PROVIDE HEALTHY, AFFORDABLE MEALS FOR THEIR CHILDREN.



Share Our Strength's Cooking Matters at the Store is a free grocery store tour that helps low-income families learn simple tips and tricks to buy healthy food. Cooking Matters is part of the **No Kid Hungry campaign**, which is ending childhood hunger in America by connecting children with healthy food where they live, learn and play.



WHAT YOU NEED TO KNOW:

1. Cooking Matters at the Store tours can be led by any individual, in any community, anywhere people shop for food.
2. Tours include two specialized curricula - one for adults and one for WIC (Women, Infants and Children) parents.
3. Tour leaders complete a self-guided training, order materials, and connect with their peers online, all for free.

Share YOUR Strength with Cooking Matters at the Store.
Let's make No Kid Hungry a reality in America.
Visit CookingMatters.org to get started!

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