

# Cooking Matters *At the Store*

This free, interactive tour is designed to:

- Stretch your food dollars
- Read and better understand food labels
- Plan quick and healthy meals



Each tour includes:

- \$10 Gift certificate to Hannaford
- Free recipe book

For more information or to **sign up** for an upcoming tour, please contact:

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**Bud's Shop n Save, Pittsfield ME**  
**Bud's Shop n Save, Newport ME**

Learn more at [healthysv.org](http://healthysv.org), or call (207) 487-3890