

# COOKING MATTERS AT THE STORE

Referred By: St. Chris



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



## WORKSHOP SCHEDULES

### Every Monday at 10AM

ShopRite of Fox Street

2800 Fox Street  
Philadelphia, PA 19129

**Contact: Alex E.**

215-469-1716  
aevenson@phmc.org

### Every Tuesday at 4PM

ShopRite of Cheltenham Square

2385 W. Cheltenham Ave.  
Philadelphia, PA 19150

**Contact: Caitlin J.**

267-606-0253  
cjennings@phmc.org

## JOIN US FOR A FREE GROCERY STORE WORKSHOP!

Do you wish you could eat  
healthier while saving money?

### We can help you:

- Save time and money at the store
- Buy healthy foods for your family
- Plan easy and delicious meals
- Read food labels

### After the workshop, you receive a:

- **\$10 ShopRite Gift Card**
- **FREE** book of tasty recipes and nutrition tips for buying healthy, low-cost foods
- **FREE** Reusable grocery bag

Visit us at [COOKINGMATTERS.ORG](http://COOKINGMATTERS.ORG) for more information.



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Healthy Food.  
Healthy Moves.  
Healthy YOU.

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