### Join us for a

### Grocery Tour!

Learn four key food skills:

1. Reading food labels
2. Comparing unit prices**
3. Finding whole grain foods
4. Identifying three ways to purchase produce

Receive a recipe book, shopping tips, and a reusable tote bag. Tours include a “Shopping Challenge “in which participants can put into practice what they learn buying healthy food for a family of four from all five food groups.

A tour and shopping challenge activity is approximately 1½ hours. Tours are conducted by UW-Extension FoodWIse Nutrition Education staff @ one of these locations:

Super One - Oakes Super One – Harborview Walmart – Superior

**For more information or to schedule a tour contact:**

[**julie.montgomery@ces.uwex.edu**](mailto:julie.montgomery@ces.uwex.edu) **or call 715-395-1427**

[**tarah.nichols@ces.uwex.edu**](mailto:tarah.nichols@ces.uwex.edu) **or call &15-395-7443**

**Free nutrition education to SNAP/FoodShare eligible Douglas County residents. 50% of FoodWIse participants must be SNAP eligible.**

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