



# GROCERY STORE TOURS

## Overview

Store tours are 45 minute walks through a grocery store, using Cooking Matters principals to teach shoppers economical ways to shop for healthy meals. These tours are designed to be highly interactive, facilitating dialogue that both the participants and tour guide can learn from.

## Provided Materials

- Instructor guides
- Participation books
- \$15 gift cards for participants (as funding allows)

## Training

- This is required before your first class.
- Approximately 2 hours long
- Done in one session
- Can be over Zoom or in person

## Shoppers learn...



**Economical ways to buy more fruits and vegetables**



**How to compare unit prices to save money**



**How to read nutrition label and ingredient lists**



**How to identify whole grains**

