

**Eating Healthy** – It's about shopping smart and planning ahead, even on a budget



## Free Guided Grocery Store Tour with AARP Foundation



**HUNGER  
FREE  
AMERICA**

# GROCERY GUIDES

Helping Older Adults Shop Healthier on a Budget

Grocery shopping on a limited budget can be overwhelming. To help you make healthy food decisions and stretch your food dollars, AARP Foundation is hosting informative small-group grocery store tours. The one-hour tours will teach you how to buy nutritious food within your budget.

During the hour-long tour, you'll learn how to

- Buy Fruits and Vegetables on a Budget
- Compare Unit Prices to Find Bargains
- Read and Compare Food Labels
- Identify Whole Grains



### Cooper City

Date

September 28, 2016

Participants get a \$10  
Publix gift card

Time

10:00 – 11:00 am

For more information  
on this tour you  
must **PREREGISTER**  
Before 9-26-16  
with Patti @  
954-434-4300 #255

**AARP** Foundation

Questions?

Can't make this tour but want  
to participate in the future?

Call:

Keri-Ann Canton @  
954-636-2388 or  
KCanton@FLIPANY.org