



COOKING MATTERS[®]

COOKING MATTERS AT THE STORE

NO KID HUNGRY

Provided by the:



National **Kidney** Foundation[®]

of Michigan

NKFM is partnering with Share Our Strength to provide virtual grocery store tours to adults with children in early care and elementary settings.

- Tours will be led by a trained facilitator.
- Tips on how to purchase budget friendly and healthy foods.
- Tips on how to properly read and compare food labels, and how to use unit pricing.

NOW HOSTING VIRTUAL TOURS!

Where: Zoom

What: 1 hour virtual grocery store tour

FREE of charge

Schedule a virtual grocery tour today!
Serving Wayne, Oakland and Macomb Counties

For more information please contact:
Jennifer Reid | jreid@nkfm.org | 313-259-1574