



# SHOPPING ON A BUDGET

**An interactive class brought to  
Lowcountry Food Bank partners**

**During the class participants learn and practice:**

- ✓ Reading nutrition facts labels
- ✓ Using unit prices
- ✓ Reviewing ways to incorporate fresh, frozen and canned fruits and vegetables into meals
- ✓ Identifying whole grains
- ✓ And more!

**Participants Receive a \$10 gift card  
to practice their skills at the store!**