

# Healthy Eating On A Budget



*Learn how to use the grocery store to save money.*

*Activities Include:  
Creating lists/maps of your store, price/product comparisons and menu planning, including ethnic foods*

PRESENTED BY:  
DEBRA MEYER, RD &  
STARR WHARTON, MS, CHES

Tuesday, July 21

12:00 - 1:00pm

SRWC Health Ed Rm