

MAINE



SNAP-Ed

Healthy Eating on a Budget



Shopping Healthy on a Budget!

Receive a **\$10 Hannaford gift card** to buy healthy foods!



- ✓ Learn how to stretch your food dollars.
- ✓ Take home tasty recipes!
- ✓ Gain new ideas for adding fruits, veggies, & whole grains to your meals.

When: One tour offered each month

- Time of day will vary each month.
- Please call for full schedule details.

Where: Lewiston or Auburn Hannaford

Call or Email Healthy Androscoggin for more information:

(207) 795-5990

info@healthyandroscoggin.org