



# Cooking on a Budget

**June 29, 2022 from 6:00-7:00 pm**

**Zoom Discussion with Kim Concra, LDN, nutrition educator from Cape Cod Cooperative Extension**

- ~ **Nutritious budget buster ideas for feeding a family**
  - ~ **Revisit unit pricing, cost/benefit of coupons**
  - ~ **Supermarket savvy shopping and meal planning**
  - ~ **Keeping a well stocked healthy pantry at home**
- ~ **Buying Local- Using SNAP and HIP at a Farmers' Market/Farm Stand**
  - ~ **Waste not, want not- Using what you have**
- ~ **Great handouts for nutritious and budget-friendly meals**

**Please register at Cape Cod Children's Place by calling 508-240-3310.**

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