

NEWS RELEASE
FOR IMMEDIATE RELEASE
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**Health Department to offer grocery store tours
to help families buy nutritious foods on a budget**

(Lawrence, KS) – In May, the Lawrence-Douglas County Health Department will begin offering guided tours of Douglas County grocery stores to help families buy nutritious foods on a budget. The tours are open to anyone and there is no cost to participate.

During the one-hour tour, participants will learn how to:

- Understand food labels
- Find the best bargains with unit pricing
- Shop for fruits and vegetables when they are at their peak
- Identify whole grains
- Stick to a budget

After the tour, participants will receive \$10 and they will be challenged to use the skills they learned to buy a healthy meal. They also will receive a recipe book with shopping tips and a reusable grocery bag.

The Health Department received a \$1,000 grant from Share Our Strength, a national anti-hunger organization, to provide its “Cooking Matters at the Store” program. The program is based on 20 years of experience serving low-income families across the country.

“Shopping can be overwhelming. Our goal is to provide people with hands-on skills that will enable them to shop smart and eat healthy,” said Jolene Croxell, a registered nurse and supervisor of the nutrition program for Women, Infants and Children (WIC) at the Health Department. “After the tour is complete, we hope participants will feel more confident about navigating the store and planning for nutritious, budget-friendly meals.”

Tours will be offered during the summer at a variety of times and locations. If you would like to participate in a tour, call 785-856-5326, email grocerytour@ldhealth.org or stop by the clinic at 200 Maine St., Suite B, to register. The first tour will be at 2 p.m. May 8 at Dillon’s, 1015 W. 23rd St., in Lawrence. Participants need to register in advance. The Health Department will post information about upcoming store tours on its website ldhealth.org.

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