

We feed. We teach. We grow.
"Give a man a fish. Teach a man to fish. Stock the pond for all."

Inter-Faith Food Shuttle



**SHARE OUR STRENGTH'S
COOKING MATTERS
NO KID HUNGRY**


**Cooking Matters at the Store:
Satellite Partner Facilitator Training
Module 3: Tour Overview**

Tour Overview:

- What is a Cooking Matters at the Store tour?
- Types of Tours
- Structure of a Typical Tour
- Participants and Tour Size
- Participant Materials



What is a Cooking Matters at the Store tour?



Cooking Matters at the Store is an interactive, guided grocery store tour that teaches low-income adults how to make healthy food choices on a limited budget.

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Types of Tours

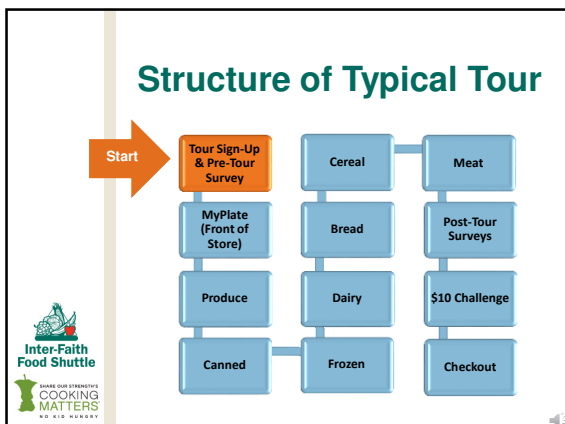
- Cooking Matters at the Store...
- for adults
- para adultos
- for WIC parents
- para WIC



Structure of a Typical Tour

- Facilitator led
- 60-90 minutes
 - 15 minute introduction
 - 45 minute nutrition education
 - 20 minute \$10 Challenge or alternate activity
 - 10 minute surveys and wrap up





Participants & Tour Size

- Low income adults
- Small groups: 6-10 people
- Establish a guideline for allowing children to participate



Participant Materials

- Participant booklet
- Branded re-usable grocery bag
- \$10 gift card



Take a Break!

Next Up: Module 4

