

# COOKING MATTERS



SHOPPING ON A BUDGET!

• A FREE INTERACTIVE CLASS •

**TUESDAY  
JUNE 21ST**

**1PM TO  
2PM EST**

**REGISTER  
TODAY!**  
[SPOTS ARE LIMITED!]

**WE WILL  
DISCUSS:**

**READING NUTRITION FACT LABELS  
READING & USING UNIT PRICES  
IDENTIFYING WHOLE GRAINS  
THE DIFFERENCES BETWEEN  
FRESH, FROZEN & CANNED PRODUCE**



**THE SPIRIT PLAZA | 2 WOODWARD AVE**  
**WWW.COOKINGMATTERSSPIRITPLAZA.EVENTBRITE.COM**  
CONTACT ERIKA GRIGGS @ 313.241.6512 FOR MORE INFO