Dear Young Leader,

“How do I know if carrots are cheaper in the one-pound bag or the 5-pound bag?”

“How do I get more whole grains onto my plate?”

These are the kinds of questions that shoppers have when they’re facing hundreds of food choices at the grocery store, and you’re going to help them find the answers! For some families, having the skills to shop for healthy food on a budget will mean the difference between putting healthy meals on the table every day, or running out of food money by the 20th of the month and having to rely on cheap processed foods, or maybe skipping some meals altogether.

We’re delighted that you’ve chosen to be a Cooking Matters at the Store tour leader for your Teen Health Ambassador project. As a tour leader you’ll connect with a local organization to recruit participants, work with a Walmart store manager to secure permission to hold store tours and make sure your tours go off without a hitch, and guide groups of low-income moms (mainly) through the store emphasizing 4 main keys to healthy shopping on a budget:

1. How to find the most affordable form of fruits and vegetables, whether they’re fresh, frozen, canned
2. How to identify whole grain foods
3. How to use unit (shelf) pricing labels to determine which food (or form of food) is the best deal
4. How to read nutrition labels on food packages to determine the healthiest choices.

Don’t worry if you can’t teach all of these skills right this minute. We have fun on-line training to bring you right up to speed!

So let’s talk about your next steps: getting signed up as a tour leader and participating in training.

1. First, you’ll need to go onto the Cooking Matters website and sign up as a tour leader:
   http://www.tfaforms.com/288063
2. Once you submit the form you’ll receive an email with your username and instructions for logging in to the Cooking Matters at the Store Learning Space. Select your password and sign-in!
3. Then, enjoy working your way through the Cooking Matters at the Store on-line training! If you have any problems with it, feel free to contact Christine Berman at cberman@strength.org or Claire Sadeghzadeh at csadeghzadeh@strength.org.
4. Finally, you’ll need to get some hands-on practice using the techniques you learned in the Cooking Matters at the Store Learning Space –
a. Two Days of Training – we have Scheduled

b. Practice at the Maryland State Fair –

c. Finally – Scheduling your TOURS!

We’re here to help you be successful with your Cooking Matters at the Store tours and have a great time doing it! Look for e-mails in the coming weeks with even more “next steps.”

Yours in good health,

Sandy Corridon

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