

MAINE



SNAP-Ed

Healthy Eating on a Budget

Take a Grocery Store Tour... Get \$10

This **FREE** event will help you learn how to shop for healthy food on a budget and get some nutritious tips along the way!

April 11, 8-9 a.m. **May 16**, 6-7 p.m. **June 13**, 9-10 a.m.

At the **Brunswick Hannaford**, 35 Elm Street

Presentation by:

Ally Messier, MPH

Mid Coast Hospital SNAP Nutrition Educator

Hillary Pride, RD, LD, *Hannaford Dietitian*



Families welcome but registration is required. Please contact our SNAP Ed program at amessier@midcoasthealth.com or call (207) 373-6958, to sign up today.



MID COAST
HOSPITAL



This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates low-income families on low cost, healthy eating and active lifestyles. Contact mainesnaped@une.edu or 207-221-4560 for more information.

