



# Walter Reed Bethesda



## SIGN UP TODAY FOR A FREE COMMISSARY TOUR!

### Dates (2014):

Wednesday, 12 November  
Wednesday, 17 December  
Wednesday, 14 January

**Time:** 0915-1030

**Shuttle pickup:** 0805 outside  
Building 19 (America Building)

### Location:

Forest Glen Commissary  
2460 Linden Lane  
Silver Spring, MD 20910

**RSVP: (301) 400-1975**

We will meet at the front of the  
commissary!



## FREE COMMISSARY TOURS!

A Guided Grocery Store Tour to Help Families  
Buy Healthy, Affordable Foods

Want to save money at the store?

Want to buy healthy foods to feed your family?

Want to learn how to make the most of your paycheck?

Want a fun way to learn about nutrition?

If you said yes, come join us for a free

*Cooking Matters at the Store* guided grocery store tour!

Practice skills like:

- buying fruits and vegetables on a budget
- comparing unit prices to find bargains
- reading and comparing food labels
- identifying whole grains
- and sticking to your budget!

After the tour you will receive a:

- **FREE** workbook full of tasty recipes and simple tips on buying healthy, low-cost foods
- **FREE** reusable grocery bag

