

# MAINE



## SNAP-Ed

Healthy Eating on a Budget

Get a  
\$10 Hannaford  
Gift Card

## Pop-Up Grocery Store Tour



**Date:** Wednesday, September 28

**Time:** 1:30-3pm

**Place:** Bowdoinham Fire Station

Take a “tour” around an imaginary grocery store with our local nutrition expert, Tasha.

Call 666-5531, ext. 110 or email: [poh@bowdoinham.com](mailto:poh@bowdoinham.com) to reserve your seat.

*All are welcome! Bring a friend!*

Sponsors:



Advisory  
Committee  
on Aging



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