



Press release for Arkansas Hunger Relief Alliance. For immediate release.
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EMPOWERING FAMILIES TO STRETCH THEIR FOOD DOLLARS

Cooking Matters at the Store on Martin Luther King, Jr. National Day of Service

LITTLE ROCK, AR (January 13, 2014)—On Monday, January 20th, as part of the Martin Luther King, Jr. National Day of Service, Cooking Matters at the Store® teams from the Arkansas Hunger Relief Alliance will be providing free grocery tours at four locations in the state. People tell us that after taking a Cooking Matters at the Store tour, they feel more confident about shopping for and preparing nutritious meals without sacrificing taste or variety. Now everyone can learn great shopping skills as part of this Martin Luther King Jr., National Day of Service event. Participants who complete a tour will receive a **free \$10 Grocery Gift Card**, apron, recipe cards and a reusable shopping bag.

Tour times and locations:

Little Rock: Walmart Neighborhood Market, 2510 Cantrell Road

Times: 9:00 A.M. – 2:00 P.M.

North Little Rock: Kroger, 900 Pershing Boulevard

Times: 9:00 A.M. – 2:00 P.M.

Harrisburg: Edwards Food Giant, 605 N Illinois

Time: 9:00 A.M., 11:00 A.M., 2 P.M.

Fayetteville: Ozark Natural Foods, 1554 N College Ave

Time: 9:00 A.M. – 2:00 P.M.

Cooking Matters at the Store is an innovative nutrition education program developed by Share Our Strength and sponsored nationally by Walmart. Informed shoppers make healthier meal choices for themselves and their families. Cooking Matters at the Store teaches adults about nutrition labels, unit pricing, and important facts about shopping for produce, protein, dairy and whole grain foods to help stretch food dollars. For more information about Cooking Matters and Cooking Matters at the Store, visit www.arhungeralliance.org or www.cookingmatters.org.

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The Alliance

Arkansas Hunger Relief Alliance is a non-profit collaborative network of more than 400 hunger relief organizations across Arkansas including the Arkansas Foodbank in Little Rock, the Food Bank of Northeast Arkansas in Jonesboro, Harvest Texarkana Regional Food Bank in Texarkana, Food Bank of North Central Arkansas in Norfolk, Northwest Arkansas Food Bank in Bethel Heights and River Valley Regional Food Bank in Fort Smith who are dedicated to reducing hunger through direct relief, education and advocacy. We invite you to visit www.ARhungeralliance.org for details on hunger relief programs and volunteer opportunities.