

K-STATE

Research and Extension

Johnson County

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Get paid while learning how to shop healthy

OLATHE, Kan. — We know we should eat healthier. But with food prices on a continual rise, it's hard to fit healthy foods that seem so expensive into a tight budget. It's especially hard when living on a limited or fixed income. Conflicting information about what is and isn't healthy makes it even harder to know what to buy. Wouldn't it be nice if someone credible could show you at the grocery store exactly what to buy? Wouldn't it be even better if you got paid while doing it?

Johnson County K-State Research and Extension food and nutrition expert Crystal Futrell, and trained Extension Master Food Volunteers will conduct tours at local grocery stores throughout the month of August. Through a grant funded by the Share Our Strength organization, participants will learn principles for shopping healthfully while stretching their food dollars. Tours last about an hour and are suitable for up to five participants at one time. At the end of the tour, each participant receives a \$10 gift card to that store.

Topics covered during the tours will include: how to purchase produce in its three forms, answering questions like are canned foods healthy? Is fresh produce always best? What's the difference between organics and conventional items? How to cut through the whole grains marketing hype and select the healthiest products will also be discussed.

It's easy to sign up for one of these tours. To find out which dates, times and locations are available, contact Johnson County Extension Agent Crystal Futrell at 913-715-7016, email her at crystal.futrell@jocogov.org , or go to www.johnson.ksu.edu

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