



Saving money at the store – Making healthy food choices

Shopping Matters is a free grocery store tour, led by trained facilitators from the community, at local stores.

Community effort is what makes Shopping Matters a success. The Arkansas Hunger Relief Alliance provides support and leadership at the state level, and local organizations and individuals work with members of their communities to serve their unique needs.

Simple program design means tour leaders can focus on their participants, not the details of the program. And, the short time commitment means more people can get involved as participants and as facilitators.

A research-based curriculum provides practical information for participants, covering a range of skills, including: economical ways to buy fruits and vegetables, calculating unit prices, reading nutrition labels and ingredient lists, and identifying whole grains – skills participants can confidently use to make the most of their resources at the store.

Interested in Shopping Matters?

The Arkansas Hunger Relief Alliance partners with individuals and organizations to support Shopping Matters in communities across Arkansas. Facilitator training, program materials, and support are provided for free. If you or your organization is interested in leading Shopping Matters tours, contact:

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