



Grocery Shopping 101

Sunrise Parent Education

8/13/24 | 10 am -12 pm | 226 Union St.

Is grocery shopping sometimes a struggle for you? Whether its staying within budget, meal prepping, or making your food last, grocery shopping can be stressful. Join us as we go through the different aspects to making grocery shopping more enjoyable for you and your family.

- Learn how to make a grocery shopping budget and stay in it.
- Learn how to meal plan and prep healthy meals for your family.
- Learn more about storing food for it to last

No child care will be provided and light refreshments will be served.



RSVP recommended! To register, please call the main office at (802) 442-6934 or email rsvp@sunriseppc.com

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