



# WHAT'S IN YOUR GROCERY CART?

What you buy is what you eat . . .

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This session will examine commonly purchased grocery store items and give you tips to check out with a well-balanced cart. Cauliflower rice recipes will be featured, & we'll review information on pantry staples from [Eat This Not That's Supermarket Survival Guide](#).

Thursday  
**September 14**  
4:30-5:30 p.m.

Lindamood Room at  
Findlay-Hancock County  
Public Library

Free, register via  
the library calendar



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES