



For immediate release

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Food and Money... Making Your Food Dollars Count

Are you looking for ways to make your hard earned money last longer while still feeding your family healthy meals? Join Fox Communities Credit Union for a free workshop.

Karen Dickrell from Outagamie County UW-Extension and Judy Knudsen-Brown County UW-Extension will share practical, research based ideas that will give you tools and ideas for your shopping list, menu planning tips and eating plans for your family.

Join us on Tuesday, July 28 at Fox Communities Credit Union, 3401 E. Calumet St., Appleton or at the Tundra Lodge and Conference Center, 865 Lombardi Ave., Green Bay on Wednesday, July 29. Each one hour seminar will begin at 6:00 pm.

In addition to learning some great food tips, you'll also be helping to raise money for two great organizations. For every person attending one of these seminars, Fox will donate \$10! In Appleton the donation will go to FVTC's Culinary Arts School. In Green Bay, the donation will go to the Culinary Arts Program at Preble High School.

Register at www.foxcu.org or by calling Kalene at (920) 993-3757. This seminar is free and open to the public.

Anyone can join **Fox Communities Credit Union** if they live or work in the counties of Brown, Calumet, Kewaunee, Manitowoc, Oconto, Outagamie, Shawano, Sheboygan, Waupaca or Winnebago County. Fox Communities Credit Union has been serving the community for over **75 years**, employs 300 team members and has an asset size of over \$1 billion. Visit www.foxcu.org for more details.