

## Family Handout

# Great Grocery Shopping Tips

Going to the supermarket can be a great learning opportunity. Your child can help make healthy choices as you shop together.

## \* Try This!

Pretend you are running a Healthy Family Restaurant at home. You can start at the grocery store by shopping for healthy foods. Ask your child what you should name your family restaurant.

When you're grocery shopping, focus on the outermost aisles of the store. Often, that's where you'll find the healthiest foods, such as fresh produce, dairy products, meats, and seafood. Head down the other aisles with a plan for what you want, instead of giving your child the chance to spot sugary cereals, unhealthy snacks, or other foods you don't want to buy.

### Involve your child as you shop:

- < Let your child push a kid-size cart, if the store offers them.
- < Give your child a small list of items (from your master list) to look for and check off as they're found.
- < Challenge your child to select a new food to try, focusing on fruits, vegetables, whole grains, or lowfat dairy products.
- < Play "I Spy Colors" to find all the red foods, the green foods, etc.



healthy  
habits  
for life™

Nemours Health & Prevention Services

KidsHealth  
KidsHealth.org