



## Take Home # 18 Tips for Grocery Shopping with Kids



### Make Shopping an Educational Experience for Children



- ❖ Plan shopping trips when children are not tired or hungry.
- ❖ Feed yourself and your child before shopping. People tend to buy more when they go shopping hungry. Everything looks yummy.
- ❖ Discuss shopping rules with your children before entering a store.
- ❖ Make a shopping list before going to the supermarket. This will help make the trip faster and help save you money. This will prevent people from buying items they may not need. Make sure the shopping list contains foods from each food group such as vegetables, fruits, grains, meats and beans, and dairy.
- ❖ Let your child pick one healthy item he/she would like to buy on the shopping trip from the MyPyramid. You may ask them to pick one fruit or vegetable they want to eat from the fresh produce section of the grocery store.
- ❖ Avoid the middle aisles of the store. This is where most of the processed and unhealthy foods are. If your children don't see the cookies, chips, cakes, sodas, and frozen meals they won't ask for them.
- ❖ Give your children a job. For example, ask them to help pick four apples, find the cheapest vegetables, or match coupons with the labels.
- ❖ Make a game out of shopping. For example, tell children to describe the colors of fruits and vegetables as you pass them.
- ❖ At the end of your shopping trip, let your children know how proud you are of him/her for behaving and helping out.

