




## 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.
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- ❖ Make a shopping list before going to the supermarket. This will help make the trip faster and help save you money. Prevents people from buying items they may not need.
  - ❖ Let your child pick one healthy item he/she would like to buy on the shopping trip from the food guide MyPlate.
  - ❖ Discuss shopping rules with your child before entering a store.
  - ❖ Bring your child's favorite toy or blanket to keep their hands full at all times, so they don't grab products from the shelves.
- ❖ Bring a healthy snack for your children to eat during the shopping trip.
  - ❖ Avoid the middle aisles of the store. This is where most of the processed and unhealthy foods are.
  - ❖ Give your child 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 shopping, let you child know how proud you are of him/her for being such a great helper.