

# Grocery Shopping Tips

Grocery shopping can seem like a chore at times. But with these easy-to-follow tips, you'll know how to buy the good-for-you foods that you and your family will love!



## 1 MAKE A LIST... AND STICK TO IT

You may hear people talk about the importance of making a list, but the really important part is what you do with the list when you get there. Buy only what's on the list! Your health and wallet will thank you.

## 2 FUEL UP BEFORE YOU GO

It's been proven that shopping while hungry will cause you to throw things in your cart you wouldn't normally buy. Be sure to have a hefty snack before you go right after lunch or dinner.

## 3 SHOP THE PERIMETER

It's true—the healthier foods tend to be along the outside aisles of the store. Fresh produce, lean meats and fish, whole grains, and low-fat dairy are all in the outside aisles. Go there first, so that your cart is full by the time you head down the center aisles. And when you do, be sure to stick to your list!

## 4 REASSESS BEFORE CHECKOUT

Look at all your items and ask...

1. Will my family eat it?
2. Is it healthy?
3. Do I need it?
4. Is it worth the cost?

## IDEAS TO GET THE KIDS INVOLVED

Ask them to look through the cereals to see if they can find one that falls into one of these categories:

- At least 3 grams of fiber per serving
- No more than 3 grams of fat per serving
- Does not list sugar as the first ingredient
- Lists whole grain in the ingredients (preferably first)

If buying canned vegetables or fruits, have the kids pick out the low-sodium vegetables and the fruits packaged in light syrup or in water.

If buying crackers or cookies challenge the kids to find ones with zero grams trans fat per serving. Crackers should also be whole grain when possible.

Tell them they can each pick out any fruit or vegetable they want. Asking kids to help makes them more likely to want to eat them.

- Teach kids how to pick out the good stuff (not mushy and no sore spots)
- Switch off each week from a fruit to a vegetable or have them choose one of each
- Challenge them to try something new
- See who can find the weirdest sounding fruit or vegetable and buy it so they can taste new things

Have them take the “rainbow challenge” in the produce section.

- See if the kids can find a fruit or vegetable for each color of the rainbow (red, orange, yellow, green, blue, purple)

Ask the kids to find cheese and other dairy products that are low in fat.

- Try 1% milk instead of 2% or whole.
- Find cheese with the least amount of fat (less than 8 grams per serving)
- Look for low-fat yogurts with live cultures listed first in the ingredients. As with cereal, make sure that sugar is not the first ingredient listed.