

## Healthful Eating

5 Easy Ways To

# Make Grocery Shopping With Kids Fun

Going Green:  
Simple Steps for  
N.C. Families

Any errand with young children can be educational and fun. You just have to know how to start the conversation! Grocery stores are really great places to explore and learn about food and going green. Need hints about teachable moments? Visit [www.bornlearning.org](http://www.bornlearning.org).

### Pick a smart time to shop

- ▶ The worst time to grocery shop is when a child (or adult) is hungry and the store is crowded. If this is your only option, buy a bag of baby carrots or a cheese stick to snack on. Get in and get out as fast as you can. If you have a choice, shop when everyone is well-rested and well-fed. Use a shopping list as your guide and stick to it. Steer clear of snack aisles.

### Remember the reusable bags

- ▶ Reusing grocery bags is one of the easiest and best ways to go green while shopping. Many people have bags, but forget to bring them into the store. There is a sure way to make reusable bags part of every shopping trip. Get the kids involved! Keep a big bag of reusable bags in the car. Ask your child(ren) to remember the bags every time you go into a store.

### Explore colors, shapes, numbers and letters

- ▶ Grocery stores are filled with lots of chances to help children learn. As you walk in the door, pick something that your child has been learning and focus on those items in the store. It could be red things or circle shapes. With preschool and older children, you can take this game a step further. Find a picture of food in a book. Take the book with you and try to find the item in the store.

### Put nutrition into their hands

- ▶ Every trip to the grocery store can be a nutrition lesson. Children can learn to put food into categories: meats, grains, fruits, vegetables and dairy foods. Grocery shopping can also be a chance for children to pick new foods that they want to try. They can pick a new fruit each trip. As children get older, they can help plan the menu at home. They can pick out the foods at the grocery store.

### Talk about where food comes from

- ▶ Children often do not know where food comes from. Adults can help them learn how and where food grows by reading about it at home and talking about it at the store. Even better, make the connection by shopping at farmers' markets. You can also visit greenhouses, dairies or farms. Supporting local farmers makes good sense for your family's nutrition and for the local economy.