

## Tear-Free Shopping Trips

Between advertising targeting children and unhealthy options lurking in almost every aisle, the grocery store can quickly turn into a battlefield. Help is here!



The following tips can make the experience easy, educational, and even enjoyable!

- Stick to the perimeter as much as possible
- Give your child a list of things to look for and/or other “jobs”
- Play games, such as:
  - Find the word (i.e. “whole” or “sale”), or find the color food.
  - Point to three healthy items in each aisle.
  - Beat the clock--see how fast you can get through your list.
  - Scavenger hunt--make your own list of items to find, or use one of ours!

### Before You Go

- Make sure you and your child eat a healthy snack--shopping when hungry is never good!
- Know your budget and what's on sale.
- Try to have your meal plan for the week and healthy shopping list prepared in advance.
- Talk to your child before walking into the store about what you will buy, how they can help, and what the ground rules are.
- Know how much time you have, and try to avoid going if it means you'll have to rush.
- Create a plan for how you'll navigate certain challenges (i.e. candy at the register, the coin operated machines...etc.)

**Did you know?** Having a “job” and feeling that they're part of the process will make for happier shopping and increase the odds that kids will eat the healthy foods you buy!

For more information, tips, and activities, visit [www.wfeh.org](http://www.wfeh.org).