

# 10 Tips for Shopping with Kids



Do you dread going to the grocery store with your children? These tips can actually make it fun as you watch your little ones learning as they go. In addition, they'll be more excited about all the nutritious foods they will be eating throughout the week!

**1** Before you leave the house, make a list and stick to it.

**6** If the kids are old enough to plan a simple meal, have them gather the items they need.

**2** Take an inventory of your refrigerator and pantry so you avoid buying unnecessary items.

**7** Never take hungry kids to the store! They will be cranky shoppers and want to add more items to your cart.

**3** Ask kids what they want to add to the shopping list and then make them responsible for finding those items in the store.

**8** Have new readers try to read as many words as possible on packaging, making a game out of it.

**4** Keep kids focused on the task of shopping by talking about everything you're picking up.

**9** Use the different food groups to devise a simple scavenger hunt game. Who can find a grain food, dairy choice, etc.?

**5** Have kids pick out two or three different colors of produce to add to your cart. Talk about the different forms of fruits and veggies to try (fresh, canned, frozen, dried).

**10** Before leaving the house, give kids their own reusable shopping bags so they can help pack groceries at the end of the trip. You are training future healthy shoppers!