



# 5 WAYS

## TO GROCERY SHOP WITH KIDS

Grocery stores are great places for children to learn about food and good nutrition. Not only can they discover new foods, but shopping together allows them to have input on what they eat. For your next grocery visit, use these five ways to make shopping with children a fun and educational experience.



Choose off-peak hours when the store's environment is calm and free of large crowds.



Set expectations for the visit, and discuss the shopping list with the children so that they know what to expect.



Avoid shopping when children are tired or hungry for a more positive experience.



Let children choose at least one new nutritious food to try.



Assign age-appropriate tasks like pointing out colors of foods, counting beverages, and placing small items in the cart.

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