

Before going to the grocery store...

- Make a list.
- Look at a recipe and plan the ingredients needed. Talk to your children about the ingredients.

Fun things to do when at the grocery store:

1. Play I Spy. I see the color...yellow, blue, or red, etc.
2. What is your child's favorite fruit, vegetable, cereal, dessert?
Talk about the last time they ate those favorite foods or why they want to try a new food.
3. Discover food names that start with the same letter as your child's name.
4. Let your child hold the grocery list.
5. Look for print around the store, point out signs in areas or aisles.
6. Read price tags and point to the price while you read it out loud.



Source: <http://hanen.org/Helpful-Info/Articles/-A-is-for-Apple--What-Kids-Can-Learn-at-the-Groce.aspx>

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