



NAME _____

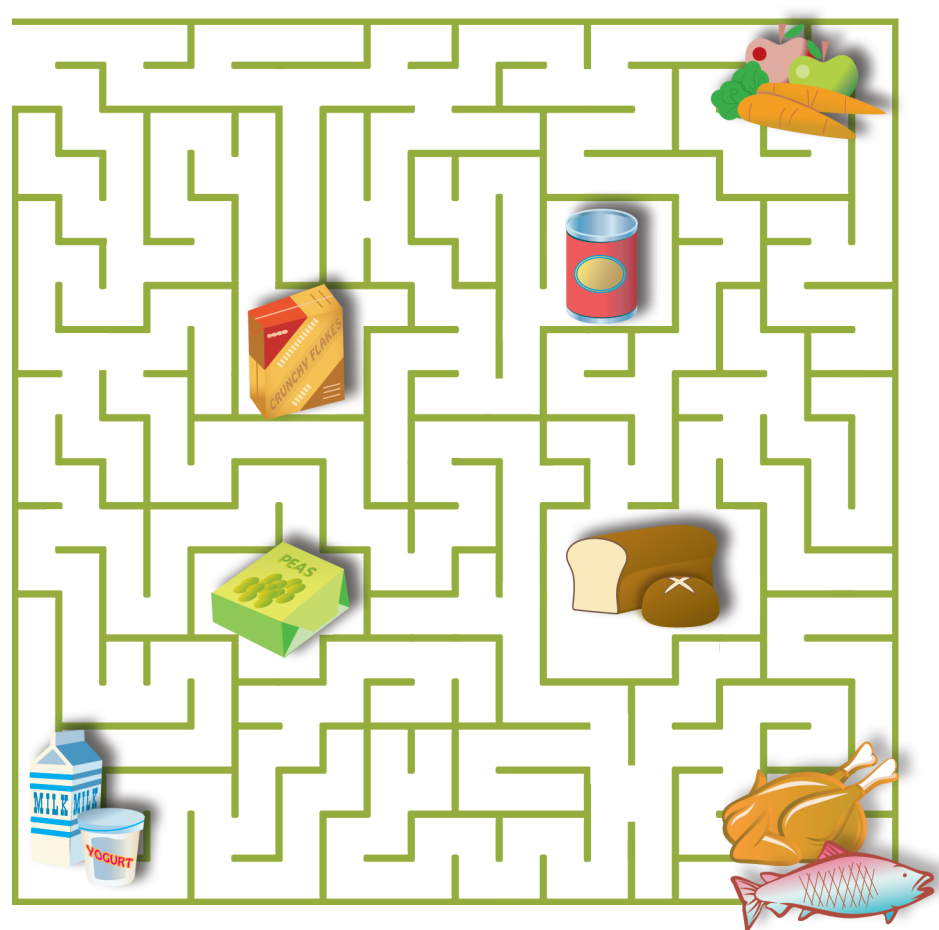
DATE _____

GROCERY STORE SMARTS

Next time there's a trip to the grocery store, offer to go along. You can help make good choices the whole family will enjoy!

Find your way through the grocery maze!

- The **PRODUCE** section – Plenty of fresh, delicious fruits and veggies packed with color and crunch!
- The **DAIRY** section – Milk, yogurt and cheese that give you strong bones and teeth.
- The **MEAT** department – Lean protein like chicken, fish or meat.
- Don't forget the good-for-you **FOODS** in the middle of the store like frozen veggies, canned beans and whole grain breads, rice and cereal.



Ask your family for a grocery store receipt and circle three good-for-you choices to try at home this week.

List three different fruits and veggies you'd like to try this week:

- _____
- _____
- _____