

---

*Watching Your Child's Weight Series:*

**LESSON WIC CF-000-11**  
**Grocery Store Tour: Shopping for Healthy Snacks for Kids**

---

**OBJECTIVES:**

**Participants will be able to:**

- Identify foods that are healthy snack choices for their children.
- Sample some healthy snacks.

**MATERIALS FOR THE LESSON:**

Supplies for Grocery Store Food Sampling:

- Name badges
- Display table
- Paper plates
- Napkins
- Trays of healthy low-fat snacks for sampling
- Paper towels
- Trash bags

Discussion Questions (attached)

Recipe Handout (reproduce from master copies included at the end of the lesson)

**July 1996**

**Lesson WIC CF-000-11**  
**Grocery Store Tour:**  
**Shopping for Healthy Snacks for Kids**

**ICEBREAKER:**

Welcome participants when they meet at the supermarket for a tour. You might want to set up a table with colorful name badges for them to fill out. As a get to know you activity, ask them to draw something on the badge that tells other people about themselves. Have participants meet each other and talk about what the drawings on their badges mean.

**LEARNING ACTIVITIES:**

- 1. SAY SOMETHING LIKE:** When buying foods for your family, remember that some food choices are better than others. Today we are going to take a tour through the supermarket to look at healthy, economical snack choices for your children. Specifically, we are going to look for snacks packed with vitamins and low in fat - which we can tell by reading food labels.

Since the grocery store is large, we might not have time to go through it all and today. So what sections are you most interested in seeing? We will be sure to see those first.

- Produce section
- Dairy case
- Dry goods
- Bread and cereal
- Frozen foods

**PRODUCE SECTION:**

- 2. SAY SOMETHING LIKE:** Fresh fruits and vegetables are good snack choices for children. Vegetables (such as broccoli, cauliflower, zucchini, cucumbers, carrots, celery, green pepper) can be cut up into sticks and served with a low-fat dip. Make mini-fruit kabob with a variety of fruit (e.g., apples, bananas, halved grapes, peaches, melon, etc.). You can make a blenderized fruit drink with fat-free yogurt and fresh fruit (e.g., strawberries, bananas, kiwi, etc.). (See recipes at end of lesson.)

Although fresh fruits and vegetables do not have food labels, you can be sure that they are filled with vitamins and fiber. Fruits and vegetables that are dark green, yellow or orange throughout are high in vitamin A. Which fruits/vegetables do you see here that are high in Vitamin A?

- pumpkin
- winter squash
- carrots
- spinach
- cantaloupe
- broccoli

Can you pick some fruits and vegetables that are high in Vitamin C?

- oranges
- melon
- papaya
- strawberries
- tomatoes
- green peppers
- spinach
- potatoes

Almost all fruits and vegetables are low in fat. The only exceptions are avocado and olives (found in canned section).

To get the most for your money, buy fruits and vegetables that are in season. Can anyone tell me what fruits/vegetables are in season now?

### DAIRY CASE:

3. **SAY SOMETHING LIKE:** Cheese, milk, and yogurt are all good snacks for children. You can serve cheese and crackers, fruit shakes, or yogurt mixed with fruit.

Let's look at the labels to see which products are lower in fat. How can you recognize the products that are lowest in fat?

● Label will say "non-fat", "skim", or "fat-free" on the front of the package. If you check these products, the back label should say "0" grams of fat. Some products will have "low-fat" or "reduced-fat" on the label - try to find these products - how many grams of fat are listed on the back label? Whole milk and yogurt or cheese made with whole milk have the highest fat content - check these labels - how much fat do they have? Generally, the milk and cheese products that have the most fat also have the most calories.

Which is more nutritious, whole milk or skim milk?

- They are equally nutritious and skim milk has no fat.

## DRY GOODS:

4. **SAY SOMETHING LIKE:** Graham crackers, unsalted pretzels, animal crackers, gingersnaps, and fig bars have less sugar and fat than most other cookies, chips, and crackers. Let's look at some of these labels and compare them with other types of cookies and crackers. There are more products coming out with low-fat versions - check those labels, but more importantly check the unit price to see if they are a good buy.

Most brands of microwave popcorn are high in fat - check the labels to find some that are lower in fat and sodium. Your best buy is to buy the kernels and pop them yourself with an air popper.

## BREAD AND CEREAL:

5. **SAY SOMETHING LIKE:** Many children like cereal for snacks. Let's find some cereals that are low in sugar and fat by comparing labels. Which ones have the most fiber? Which ones are the least expensive?

- Many times the store brands are cheaper than the national brands.
- The best way to tell is by looking at the unit price labels on the shelves. For example, two boxes of cereal may cost the same - but the boxes may be different sizes. The unit price will tell you price per ounce - so you can compare which is the best buy. For example:

<u>Net Weight</u>	<u>Brand Name</u>	<u>Price</u>	<u>Unit Price</u>
12.3 ounces	Kellogs Healthy Choice	\$3.19	25.9 cents
21.7 ounces	Quaker Oats Cinnamon Life	\$3.63	15.8 cents
15 ounces	Hill Country Toasted Oats	\$1.85	12.3 cents
12 ounces	GM Golden Grahams	\$2.89	24.1 cents
24.5 ounces	GM Total	\$3.99	16.3 cents
14.8 ounces	GM Basic 4	\$2.99	20.2 cents
20 ounces	Hill Country Bran Flakes	\$2.35	11.8 cents

There are many types of bread - instead of regular sliced, white bread, why don't you try "whole grain" breads like wheat, rye, etc? Whole-grain breads are higher in fiber than white bread. Read the label to choose the bread that has whole wheat as the first ingredient. Other choices are pita bread, tortillas, English muffins, bagels, etc. Children might like these with melted low-fat cheese on top for a snack.

Many baked goods are high in fat: coffee cake, donuts, Danish, croissants, and some muffins. Try the other foods listed above in place of these high fat breads.

## **FROZEN FOODS:**

6. Ice milk and low-fat frozen yogurt generally have less fat than regular ice cream. Frozen 100% juice and fruit bars with no added sugar or cream are also good choices.

You can save money if you make your own frozen fruit pops at home by freezing juice in paper cups with wooden ice cream sticks.

Frozen juice concentrates are generally the least expensive form of fruit juices - but we can go over to the canned food aisles to check the unit prices on canned fruit juices and small-boxed juices.

## **ACTIVITY:**

If possible, serve some healthy, low-fat snacks. Easy-to-make-and-serve suggestions include a tray of small cups with a choice of animal crackers, unsalted pretzels, etc. Other possibilities include low-fat cheese cubes and low-salt, low-fat crackers, frozen yogurt, homemade fruit pops, cut-up vegetables with low-fat dip, etc.

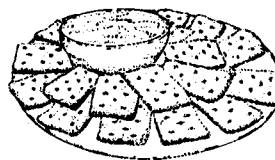
7. Have class participants discuss what changes in food shopping for snacks they plan to make.

### **Tips for Setting Up Grocery Store Tours**

1. Make an appointment to meet with manager of supermarket.
2. Be prepared when you meet with the store manager. Have a specific plan outlined - a 30 min. tour of healthy snack foods for WIC mothers. Talk about the benefits to the grocery store - possible increased sales. Find out if any particular products are being promoted.
3. Schedule day and time of tour with store manager. Schedule tour during the least busiest hours. You'll want to limit your group size to 15 or less.
4. Check with store manager if you can set up a small table in the front of the store for registration and snacks. You will have to purchase and make your own snacks.
5. It would be helpful to make an evaluation checklist for participants and send results along with thank-you letter to manager.
6. You may want to practice first with 1 or 2 people (use staff members, family, or friends).

## Zippity Dippity Dip

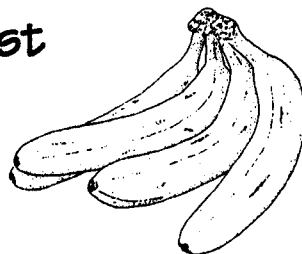
- ½ cup part-skim ricotta cheese
- 1 cup plain non-fat yogurt
- 1 Tbsp. dry soup mix or salad dressing mix



Combine all ingredients. Mix until well blended. Refrigerate for at least 2 hours. Serve chilled. Use as a dip for celery sticks, cucumber rounds, green pepper strips, cherry tomatoes, etc.

## Banana Blast

- 1 ripe banana
- 6 ounces flavored low-fat yogurt
- 1 Tbsp. non-fat powdered milk
- ½ cup orange juice



Combine all ingredients in blender container. Cover and blend on high speed for 1 minute or until smooth. Pour into a glass and serve immediately.

## Hula Pops

- |   |                                 |
|---|---------------------------------|
| 1 cup plain yogurt  | 1 banana                        |
| 1 tsp honey (if desired)  | ½ cup orange or pineapple juice |
| 1 cup strawberries, peaches, apricots, nectarines, or pineapple | paper cups                      |
|   | wooden ice cream sticks         |



Combine ingredients in blender container. Blend on high speed until smooth. Pour into paper cups. Cover cups with foil. Make a slit in center of cover. Insert stick. Freeze.