



## GROCERY SCAVENGER HUNT

### Make your next trip to the grocery store or farmers market an adventure with a scavenger hunt!

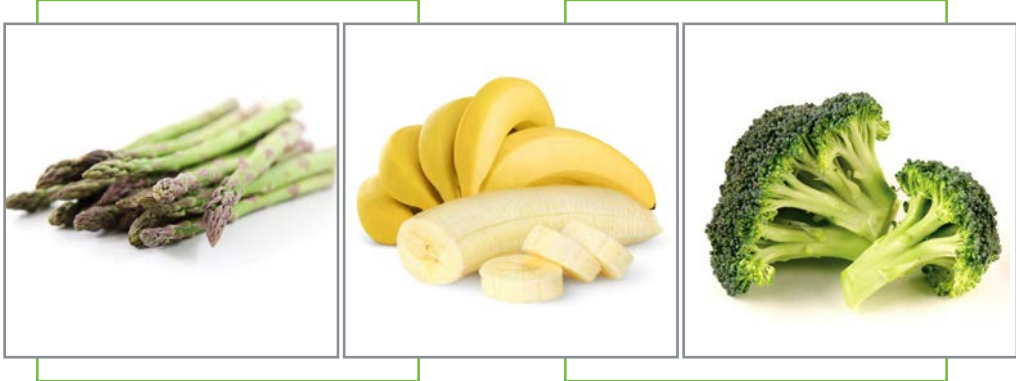
- 1 Plan ahead.** Have your child participate in creating the shopping list. Cut out pictures from circulars or store ads or make a list of clues to help them seek out the items needed.
- 2 Use a worksheet or have children bring a notepad.** Children will love the feeling of crossing something off or making a list of all the items they found. Use a worksheet, cut and paste a collage from the circulars or have them jot down their 'treasure' finds in a small notepad. It's a good way to help them feel accomplished, while also giving them something to stay occupied throughout the duration of the trip.
- 3 Stir up a good conversation.** Grocery shopping can be a great learning experience for children. As items are collected, talk about the nutritional benefits or the different ways they can be used in cooking or baking. Consider having children pick a few of their favorite food items and do 'research' to find one new thing they didn't know before.

Check out these ideas or use the blank template to create your own!



**ACTION** FOR  
HEALTHY  
KIDS 

Use the clues to find out who these healthy fruits and vegetables are!

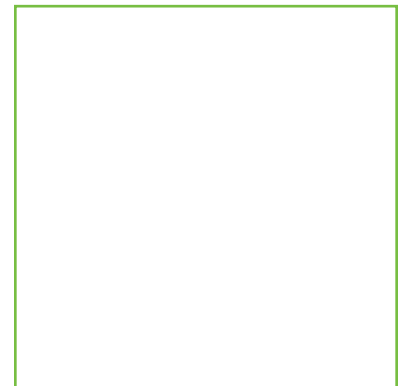


## Use the clues to find out who these healthy fruits and vegetables are!

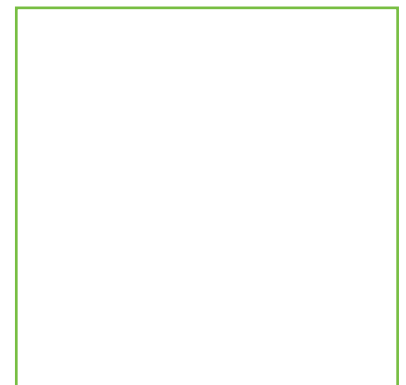
<p>I'm yellow and wear a "crown".</p> <p>Even as a sweet fruit, I can be used in a savory dish.</p> <p>I am full of immune supporting Vitamin C.</p>	<p>I'm a green fruit with a tough outer skin.</p> <p>The more ripe I get, my skin turns purple.</p> <p>I am the number one star in a bowl of yummy guacamole.</p>	<p>I'm a green veggie.</p> <p>My layers are called petals and kind of look like scales.</p> <p>I'm full of fiber and sometimes used in Spinach Dip.</p>
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<p>I am a sweet kind of potato.</p> <p>I'm great for sweet or savory dishes.</p> <p>With me, you get a good source of potassium.</p>	<p>I can be red, green or pink.</p> <p>I'm a top source of Dietary Fiber, needed for a healthy heart.</p> <p>I'm a crunchy fruit.</p>	<p>I'm an orange and crunchy vegetable.</p> <p>I come in all shapes and sizes.</p> <p>I'm a good source of Vitamin A that supports good vision.</p>
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<p>Some think I look like a very tall tree.</p> <p>I provide Iron to help carry oxygen through your body.</p> <p>I am green with a funny braided end.</p>	<p>I'm a yellow fruit that needs peeled before eating.</p> <p>Some people bake with me, others snack.</p> <p>I carry a lot of heart healthy nutrients.</p>	<p>Some think I look like a mini tree.</p> <p>You can find me on salads, in pasta or even as a snack.</p> <p>I hold a powerful mix of nutrients.</p>
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Use the clues to find out who these healthy fruits and vegetables are!

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Every kid healthy, active and ready to learn

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