



Grocery Shopping Treasure Hunt – Answers

Directions:

As a group of 2 or 3 people, walk around the perimeter of the store to select food choices for the items below. Then go to the aisles in the middle of the store for items missed. Reconvene at front of store in 15 minutes.

Item	Best choice	Poor Choice
Fruit	<ul style="list-style-type: none"> • Fresh fruit • Frozen fruit 	<ul style="list-style-type: none"> • Canned fruit in heavy syrup
Vegetable	<ul style="list-style-type: none"> • Fresh vegetables • Frozen vegetables in no sauce 	<ul style="list-style-type: none"> • Mixed vegetables in butter or cream sauce
Milk	<ul style="list-style-type: none"> • Low-fat milk • Fat-free milk 	<ul style="list-style-type: none"> • Whole milk
Carbonated beverage	<ul style="list-style-type: none"> • Carbonated fruit juice • Flavored seltzer water 	<ul style="list-style-type: none"> • Soda with corn syrup • Energy drink • Alcohol
Frozen meal	<ul style="list-style-type: none"> • Low-sodium, low-fat frozen meals 	<ul style="list-style-type: none"> • Chicken pot pie • Frozen burrito
Snack	<ul style="list-style-type: none"> • Pretzels with hummus or salsa • Yogurt • Lightly salted or unsalted almonds 	<ul style="list-style-type: none"> • Candy bar • Potato chips • Ice cream