



Grocery Shopping Treasure Hunt

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 | | |
| Vegetable | | |
| Milk | | |
| Carbonated beverage | | |
| Frozen meal | | |
| Snack | | |