

Things to Try at Home

Observe:

I will observe where the items marketed toward children are placed in the store. I'll think about how the grocery store is set up.

Talk:

I will talk with my child about going to the grocery store and about choosing healthy foods to buy when we are there.

Try:

I will try to prepare ahead of time how I will respond to my child when we are at the store and he/she wants something that is not a healthy option. I will think about which choices are better and offer him/her the option of a healthier item.

I will _____ before the next session.

Learning SEEDS

- 1:** Plan your shopping trip.
- 2:** Spend more of your time in the outside aisles of the grocery store— that's where you can usually find the freshest and healthiest foods.
- 3:** Grocery stores intentionally market to children. Food is placed on grocery store shelves at the right height to catch your child's eye.
- 4:** Tempting treats are placed right near the cash register to catch your attention and your child's.