Variety: The Spice of LIFE!

This month, your child discovered how fruits and vegetables grow. The colors of fruits and vegetables are linked to the nutrients that they contain. We also discussed the role of advertising on the food choices we make. The more we know about healthy food options, the more likely we are to eat healthy foods and encourage our friends and families to do the same! Look for many different colored fruits and vegetables at your local farmers’ market or grocery store, and use some of these tips the next time you go shopping!

**Get Everyone Involved!**

Your children can help with your grocery shopping. They can:

- **Clip coupons**
- **Help write a grocery list.**
- **Suggest foods to put on the grocery list.**
- **Choose recipes or favorite dishes for the week.**

At the grocery store, give each of your children a “job”. This will help them stay focused and behave well.

- Let your kids be “produce pickers”.
- Have them help choose fruits and veggies at the store.
- Have them read the items on the list as you shop.
- Have them sort items in the cart by food group or color.
- Allow them to be “nutrition detectives”. Have them investigate food sections for new and healthy foods.

**Take Action!**

Cook together. Eat together. Talk together. Make mealtime a family time. How many of the following ideas can you check off this week?

- Plan ahead to take your child to the grocery store.
- Include at least one fruit or vegetable in each meal you prepare this week.
- Choose two other tips from this newsletter and write them below:

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**Grocery Shopping Tips: Save Money, Plan Ahead!**

- Keep a grocery list throughout the week. As items run out, place them on the list. Be sure to plan for fruits and veggies at meals and snacks.
- Create meals around foods you already have.
- Take advantage of store specials and coupons.
- Look for store brands. They are often cheaper than name brands.
- Shop when you are not hungry. You’ll be more likely to stick to your grocery list.
- Include fresh, frozen and canned fruits and vegetables. All varieties can be used in meals and snacks.
- Read food labels. Make sure you are getting the best nutrition value for your dollar.