

FAMILIES Shopping FOR LIFE



..... COMMON THREADS

COOKING

— *for* LIFE —

Let's Get Smart Shopping!

GROCERY STORE TOUR

This 2-hour guided tour of a local grocery store provides participants with tips and tricks for making healthy, budget-conscious decisions when going food shopping for their families.

Led by a Common Threads Program Manager or Chef Instructor, the 2-hour tour guides parents, children and teachers around the grocery store, emphasizing the importance of choosing fresh fruits, vegetables, meats and dairy around the perimeter of the store whenever possible over the processed food typically found in the middle aisles.

**INCLUDES
GIFT CARD
TO LOCAL
GROCERY!**

Participants on the tour will learn tips for which items are healthiest for their families, how to select the most budget-friendly amounts of food, how to read nutrition labels and food packaging to determine nutritional value and more.

WHAT DOES COMMON THREADS PROVIDE?

- 2-hour tour of local grocery store with Common Threads Program Manager or Chef Instructor
- Grocery shopping tips for up to 20 participants
- Seasonal produce guide
- Gift card to local grocery store
- PLU cards to encourage children to collect fruits & vegetables
- Bingo game to help kids identify healthy ingredients in the store

Nutrition Topics Include:

- Emphasis on shopping around the perimeter of the store
- How to select fresh, in-season fruits and vegetables
- How to choose lean proteins and whole grains
- How to find the healthier options for frozen and processed foods

Sample Lessons Include:

- Chef's Cart
- Food Marketing 101
- \$10 Challenge
- Labeling Literacy
- Comparing Prices with Unit Prices
- Fresh, Frozen or Canned?
- Understanding Organic

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Founded in 2003, Common Threads' mission is to educate children on the importance of nutrition and physical wellbeing, empowering them to be agents of change for healthier families, schools, and communities.