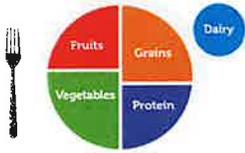


Start simple  
with MyPlate



## Grocery Shopping

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When grocery shopping, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### See what you already have

When starting your grocery list, think about the five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Take a look at the foods you already have in your refrigerator, freezer, and pantry and shop for foods you may be missing.



### Plan your weekly meals

Write down meals you want to make for the week. Think of creative ways to use some of the items you already have together with some new ones. Strive for a variety of foods in each of the food groups.



### Remember the basics

Don't forget to include foods like fruits and vegetables, which may not be a part of a recipe but are great to have as snacks. Fresh, canned, frozen, dried, and dehydrated all count!



### Keep organized for a quick exit

Finish your list by organizing needed items into groups, such as grocery sections or food groups. This helps to stay focused, buy only the items you need, and make a quick exit.



### Look around for savings

Save more by using coupons, signing up for your store loyalty programs, buying foods on sale and in-season, or comparing brands and prices. Store brands are usually less expensive.



### Read labels

Make the best choice for your needs by comparing nutrition and ingredient information by reading the food label or the [Nutrition Facts label](#). Look for those with less added sugars, saturated fats, and sodium.

# MYPLATE GROCERY STORE BINGO

Circle foods you see in the grocery store. If you find 5 in a row, yell MyPlate Bingo!

<b>Fruits</b> 	<b>Vegetables</b> 	<b>Grains</b> 	<b>Protein</b> 	<b>Dairy</b> 
<b>Apple</b> 	<b>Avocado</b> 	<b>Bread</b> 	<b>Beans</b> 	<b>Milk</b> 
<b>Blueberries</b> 	<b>Broccoli</b> 	<b>Cereal</b> 	<b>Chicken</b> 	<b>Cottage Cheese</b> 
<b>Cantaloupe</b> 	<b>Corn</b> 	<b>Free Space</b> 	<b>Eggs</b> 	<b>Soy Milk</b> 
<b>Grapes</b> 	<b>Sweet Potato</b> 	<b>Popcorn</b> 	<b>Peanut Butter</b> 	<b>Cheese</b> 
<b>Orange</b> 	<b>Tomatoes</b> 	<b>Rice</b> 	<b>Tuna Fish</b> 	<b>Yogurt</b> 

ChooseMyPlate.gov/Families

# INFORMATION FOR ADULTS

With a variety of sights and smells, grocery shopping can be an exciting activity for kids. It can also be a little stressful for adults trying to buy groceries while keeping children entertained. MyPlate Grocery Store Bingo is a fun and educational activity that will focus the attention of your little ones while also allowing you to get your shopping done. That's what we like to call a **"MyPlate, MyWin!"**

## AGES: 5 & UP

While most appropriate for elementary school-aged children, this activity can be modified for other ages.

- For older children, consider giving them their own shopping list so they can help you shop.
- For younger children, ask them to find foods of various colors and shapes.

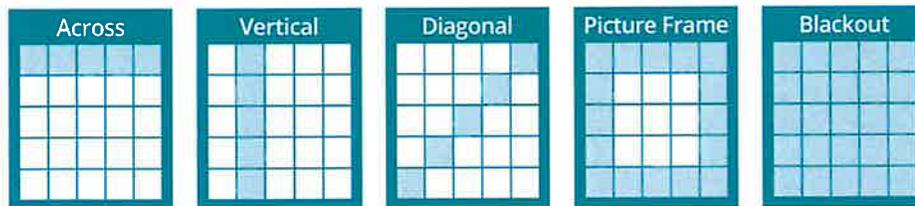
## INSTRUCTIONS:

- Print off the bingo cards for kids accompanying you on a grocery shopping trip.
- Give them a pen or pencil and let them circle 'foods they see in the store while you shop.
- Explain that we need foods from all five food groups.
- Explain that fresh, frozen, and canned varieties all count.



## TIPS:

- You can use this bingo card multiple times. In addition to the traditional style of bingo where you try to get five across, five vertical, or five diagonal, kids can also play picture frame where they try to find all of the foods on the perimeter of the card or black out where they try to find every food on the card.



- If you have more than one child with you, kids can either compete against one another— whoever finds five in a row first wins—or work together as a team. This can be especially helpful if you have an older child that can help a younger child.
- Consider offering a prize for completing the bingo sheet. For example, take a family trip to the park or go for a bike ride together.