

Meal Planning and Shopping Activity

Activity (Option 1)

Participants will play grocery store with the foods they put on their food shopping list. Use nutrition cards from other lesson to do this – or make new cards.

Make nutrition food cards by cutting out food pictures from magazine or grocery store ads. Then glue the pictures onto index card.

Have participants fill out a grocery shopping list using the foods available on the nutrition food cards. Use the grocery shopping list that will work best for the participant (food groups or meal).

Participants will play grocery store with the foods they put on their food shopping list. Have one participant act as the grocery store clerk and the others to act as customers. You can rotate through the person acting as store clerk. The customer will ask the store clerk for a certain food item or will find it on the table/shelf of the 'grocery store'. The grocery store clerk will check them out (can use play money if you have it) and put the food into a plastic bag. Then they can switch and do it again with a different person acting as store clerk.

Items needed for this activity

- Table or shelf
- Plastic grocery bag
- Pens or pencils
- Grocery lists
- Play money (optional)
- Nutrition food cards:
 - Grocery ads or magazines
 - Scissors
 - Glue
 - Index cards

Activity (Option 2)

Have participants make a grocery list in categories of either food groups or by meals for one to three days (see attached lists). You could also have them help you make the grocery list of foods planned in the next few days. Encourage healthy foods that will make them healthier and feel good. Then take them to the grocery store and help them find the items on their list. If you are using the grocery lists they came up with, then you can just find the different items. If you are using an actual grocery list, then they can help with the purchasing as well.