



Developing Smart Grocery Shoppers

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Children are never too young to start learning how to be smart grocery shoppers. As a parent or caregiver, you are tasked with making healthy meals throughout the school year that provide good nutrition, taste great and fit within your budget. Why not get some help from your school-aged child by taking them grocery shopping and using it as an opportunity to teach them some important life skills? Once children learn how to become smart grocery shoppers they will be even more aware about the types of foods that go into their shopping baskets.

Here are three tips for teaching your child how to shop smart:

1. Value of a Grocery Shopping List

A grocery shopping list is a valuable tool to promote healthy eating and help save money. By working with your children to make a grocery list you are teaching them important life skills that they will take with them as they grow into adulthood. Teach them the value of making the grocery shopping list in the same order as the store is set up. This ensures that you walk in and walk out in a smooth, stress-free way. It also saves you time looking for items and avoid unnecessary spontaneous purchases!

2. How Supermarkets Operate

Most supermarkets place the staples like bread, milk, meat and fresh produce on the outer edges of the store. The layout of the store means that you go up and down the aisles where all the expensive packaged foods are kept. Once you are in the aisles, you will notice that the most expensive items and least nutritious foods are placed at eye level. Point this out to your children and teach them to check the upper or lower shelves for more reasonably priced items, and nutritious foods.

3. Value of the Second “R”- Reuse

Introduce children to the discount racks in supermarkets. Help them get comfortable buying not so perfect vegetables. Items such as broccoli, cauliflower and cabbages can still be great for using in many meals. Try using the stems of broccoli and cauliflower in soups and stews or the bones from roasts for broths. You can also save those blackened overripe bananas by freezing them for use in banana bread or fruit shakes. Getting your children involved in grocery shopping and cooking with the second “R” – Reuse will help them see food in a new way.

About Breakfast for Learning

Breakfast for Learning is committed to ensuring students attend school well nourished and ready to learn. In the 2013/14 school year, Breakfast for Learning funded 2,402 breakfast, lunch and snack programs, served 251,531 children and youth and provided over 40 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped serve over 510 million meals to children and youth across Canada. For more information, please visit breakfastforlearning.ca.