



School and Home Connection



What are we learning about this week?

This week we learned about **grocery stores** and some healthy strategies for grocery shopping.



What is this week's goal?

Be active for 60 minutes every day!



Review with your child:

1. What is one helpful tip for grocery shopping? (Shop along the outside edges of the store, make a list, read food labels, don't shop hungry, etc.)
2. What is something you can look for in the produce section of the store? (All of the different colors!)
3. How can you tell if a grain food is a whole grain? (Look for the whole grain stamp picture or the first word as "whole" in the ingredient list)



Take action:

If possible, take your child to pick up food with you this week and ask them to teach you one new thing they learned during their GOAL lesson!