

The Grocery Store

Grocery shopping is your chance to pick healthy foods to feed your family. We know it can also be stressful, as parents are strapped for time and money. Studies show that families who eat out often spend the most money on food. It's simply cheaper and healthier to cook and eat at home. Here are some tips to save you money, make shopping fun and help you choose better foods that are nutritious for your family.

Helpful Tips:

- Plan your meals, make a list and stick to it to save money and time.
- Shop the outer edges of the store first to stock up on less processed foods.
- Involve your kids in the planning, shopping and preparing of meals to avoid arguments at meal times.
- Have your kids pick out a vegetable or fruit that they are interested in to encourage your family to try a new vegetable or fruit every week.
- Stock up on fresh vegetables and fruits for snacks.
- Focus on purchasing vegetables, fruits, whole grains and lean meat.

Strong4Life is about making simple changes with your family. Here is a tool to help you think about your family's weekly meals. This week, try planning out some of your meals and see the difference it makes.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Lunch							
Dinner							
Notes							



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Sample Grocery List

Before you go to the grocery store, be sure to create a list of nutritious foods for your family. Purchase food that can be used to create easy meals or quick, healthy snacks. To get you started, we have put together a list of healthy foods that you can keep stocked in your pantry, refrigerator or freezer. Use this as a reference tool to save time and to give you some ideas of food choices.

Vegetable and Fruit Aisle:

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Dark green lettuce
(ex. Romaine) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> _____ |

Helpful tip: Buy fresh veggies and fruits when they are in season for the best flavor and cost savings.

Meat, Seafood and Deli Aisle:

- | | |
|---|--|
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Sliced turkey deli meat |
| <input type="checkbox"/> Extra lean ground beef | <input type="checkbox"/> Sliced ham deli meat |
| <input type="checkbox"/> Fish | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Lean ground turkey | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pork tenderloin | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Shrimp | <input type="checkbox"/> _____ |

Helpful tip: Replace meat with other lean protein sources such as beans, peas, seeds or nuts a few times a week and it will save your family money.

Canned Foods Aisle:

- | | |
|---|---|
| <input type="checkbox"/> Unsweetened applesauce | <input type="checkbox"/> Canned pineapple |
| <input type="checkbox"/> Black beans | <input type="checkbox"/> Canned tuna |
| <input type="checkbox"/> Canned corn | <input type="checkbox"/> Pinto beans |
| <input type="checkbox"/> Canned green beans | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Canned peaches | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Canned peas | <input type="checkbox"/> _____ |

Helpful tip: Some canned foods are high in salt, so look for no-salt-added versions. Also, beware of canned fruit in syrup, which can have a lot of sugar. Look for fruits canned in water or 100% fruit juice.

Snack Aisle:

- | | |
|---|---|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Whole-wheat pretzels |
| <input type="checkbox"/> Pumpkin seeds | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole-wheat crackers | <input type="checkbox"/> _____ |

Helpful tip: Veggies and fruit are also great snacks.

Bread Aisle:

- | | |
|--|--------------------------------|
| <input type="checkbox"/> Whole-grain bread | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole-grain rolls | <input type="checkbox"/> _____ |

Helpful tip: Purchase 100% whole-grain bread products to add fiber to your diet. Remember, just because it's brown doesn't mean it's whole-grain.

Frozen Aisle:

- | | |
|---|--------------------------------|
| <input type="checkbox"/> Frozen chicken breasts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Frozen vegetables | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Frozen fruit | <input type="checkbox"/> _____ |

Helpful tip: Frozen vegetables and fruit are just as nutritious and often cost less.

Dry Packaged Goods Aisle:

- | | |
|--|----------------------------------|
| <input type="checkbox"/> Brown rice | <input type="checkbox"/> Oatmeal |
| <input type="checkbox"/> Whole-grain cereals | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whole-wheat pasta | <input type="checkbox"/> _____ |

Helpful tip: Healthy dry packaged goods are key ingredients in many quick and easy recipes.

Dairy Aisle:

- | | |
|---|---|
| <input type="checkbox"/> Reduced-fat cheese | <input type="checkbox"/> Milk, fat-free or 1% |
| <input type="checkbox"/> Low-fat cottage cheese | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Low-fat yogurt | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Eggs | |

Helpful tip: Low-fat or fat-free dairy choices provide calcium without the extra calories. Opt for 2% milk cheeses or part-skim.

Condiment and Sauce Aisle:

- | | |
|---|---|
| <input type="checkbox"/> Ketchup | <input type="checkbox"/> Olive oil |
| <input type="checkbox"/> Peanut butter or other
nut or seed butter | <input type="checkbox"/> Spaghetti sauce |
| <input type="checkbox"/> Mustard | <input type="checkbox"/> Vinegar |
| | <input type="checkbox"/> Herbs and spices |

Helpful tip: Keep your packaged food purchases to a minimum. Compare packaged foods and choose those with the least amount of salt. Don't forget about the flavor that spices can add to your foods.