

SHOPPING WITH KIDS



Shopping with children need not be a problem! Children can enjoy the experience, learn, and help you, too!

HOW?

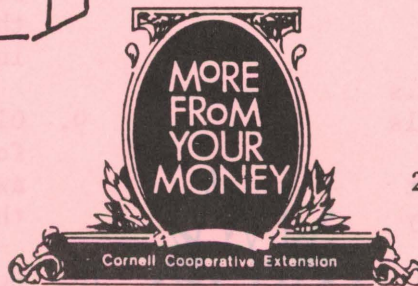
By using the helpful tips presented here!

GETTING READY

1. Make a shopping list so that you can shop quickly and efficiently. If your children are old enough, let them help you to prepare the list.
2. Organize your shopping list in groups which match the aisles or sections of the store. This will speed things up.
3. Feed yourself and your children before you shop. You won't be as tempted to buy goodies if you have all eaten.
4. If possible, shop when your children are rested.

OTHER TIPS

1. Plan to shop when the store is less crowded. Busy store hours are usually 3 to 6 p.m. and on weekends.
2. Try to shop on weekday mornings, if possible. Everyone will be rested!
3. Become familiar with stores in your area. Know where things are shelved or displayed.
4. Shop at a store located near you, if possible. This reduces travel time which may make children restless or uncomfortable.



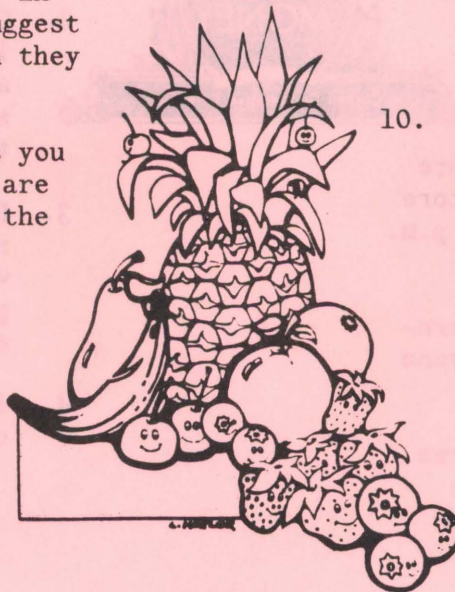
(THINGS FOR KIDS TO DO on back)

LET YOUR CHILDREN HELP YOU:

Try one or more of the suggestions below.

1. Have each child add one item to the shopping list before you leave the house.
2. Let your children have their own list from items you need to buy. Give them the responsibility of collecting 2-3 items. A "list" can be made of old labels or wrappers from food items that you wish to purchase. Children can identify foods with similar labels as you shop.
3. Let children choose a new or "special" vegetable or fruit when they shop with you. This will add variety to your meals and spark their interest in helping you. You can suggest several items from which they can choose.
4. Talk to your children as you shop. Explain what you are doing as you go through the store.

5. Preschool children can help by pointing out items that you are looking for as you shop.
6. If your children are old enough, let them read the list of items for you and cross off items you have in the cart.
7. Let children get non-breakable items for you such as low shelved cans and light packages.
8. Older children can help with putting sacks into the car and taking sacks into the house.
9. Older children can help put food and other grocery items away. They can learn about the right kind of storage.
10. Between shopping trips, children can help by keeping a list of things to buy on the next trip.



....Reprinted with minor revisions from "Shopping With Keikis," an Extension flyer produced by University of Hawaii Cooperative Extension.

VA EFNEP - 10/84

348-159