

Munch Minute

EASY INFORMATION FOR PARENTS



GROCERY STORE TIPS & TRICKS

- Go on a full tummy! We buy more treats when we are hungry.
- Make a list so you buy only what you need.
- Ask your kids to help hunt for groceries.

Check your route:

- Shop the edges of the store instead of the middle aisles. Along the outside you'll find less processed, whole foods: bread, dairy, meats, fruits & veg.

