

Shopping For Groceries Together: Ages 4-5

Grocery shopping with your child will give him an opportunity to:

- Learn which foods are healthy choices
- Participate in deciding what to make for dinner/snack
- Learn about food groups



Ideas to try with your child:

- Ask your child to help you make a shopping list to take to the store. Let him “write” the items on the list.
- Have your child help you find items in the store: “Where do you think we would find carrots?”
- Ask your child about the foods you are buying as you put them in the cart: “What type of food is an apple? Is it a fruit or vegetable?”

If your child is struggling:

- Allow your child to place the selected items in the cart to keep him involved.
- When possible give him carefully guided choices: “Would you like to have bananas or apples for dinner tonight?”
- Be prepared with alternative healthy suggestions when your child asks for a food that is not nutritious. “No, you may not have candy, but you may have grapes when you get home.”

Going further:

- When you return home, invite your child to sort the food into groups; fruits, vegetables, dairy, meat.
- Prepare a dish from another culture to introduce your child to a new food.

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children’s best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children ages 4-5** that parents can help improve at home.