



GROCERY STORE SCAVENGER HUNT



MISSION

1

Breakfast Cereals (including instant oatmeal): Locate one brand of cereal where sugar is NOT listed in the first 3 ingredients. -OR- Find a cereal that has 6 grams or less of sugar per serving.

answer:



MISSION

2

Nutrition Bars: Locate one brand of nutrition bar that has 5 or less grams of sugar AND greater than 3 grams of fiber per serving.

answer:



MISSION

3

Snack Food Cracker: Locate one snack food cracker with 5 or less ingredients.

TIP: Many crackers have additives and preservatives such as BHA and EDTA; Try to avoid these.

answer:

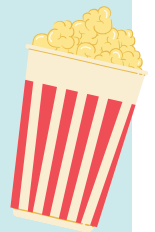


MISSION

4

Popcorn Possibilities: Locate one brand of microwave popcorn or packaged popcorn that contains 1 gram or less saturated fat AND 350 mg or less of sodium per serving.

answer:



MISSION

5

Find one fruit & one veggie from each of these colors:

Did you know? Many green fruits and veggies provide a source of Vitamin K & Potassium. Red/Purple a source of Vitamin C and Yellow/Orange provide Vitamin A. This is why eating a variety of colors will help provide your body with nutrients it needs!

GREEN

PURPLE/RED

ORANGE/YELLOW

BONUS MISSION

List 3 alternate sources of calcium. Think outside the box! Do not include dairy products. Example: Calcium Fortified Orange Juice

source 1

source 2

source 3