



My Grocery List

Download template at www.vidacoco.com

Instructions

Have your child cut out the pictures of the grocery items that they will be getting at the store from the following two pages. Then paste the pictures on the grocery chart on the 1st page.



Tips

Encourage your child to try new fruits and vegetables and add them to the grocery list.

Plan a meal with your child and add the ingredients to the list. Children are more willing to try new foods if they help pick and prepare a meal.

If the ingredient is not pictured, consider having your child draw it on the chart. Also, Microsoft Online has many additional clip arts that you can add for foods that are not pictured.

Try simplifying the chart for younger children by only adding a few items to their list, add more for older children.

You may consider pasting the items in an order that corresponds to the layout of your grocery store.

If you have two or more children with you, try having each child look for their own set of grocery items.

Once at the grocery store, have children look for the items on their list. They may cross the items out as they go into your cart.

Apples



Bananas



Blueberries



Cherries



Corn



Raspberries



Oranges



Pineapple



Pumpkin



Grapes



Peaches



Pomegranate



Lemons



Kiwi



Melon



Strawberries



Avocados



Carrots



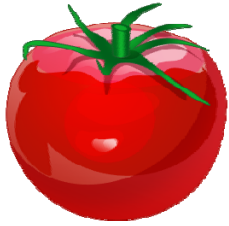
Mushrooms



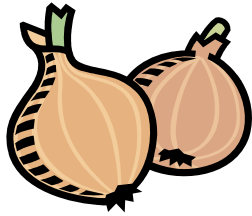
Lettuce



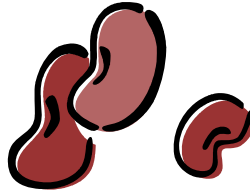
Tomatoes



Onions



Beans



Broccoli



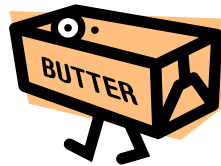
Yogurt



Milk



Butter



Cheese



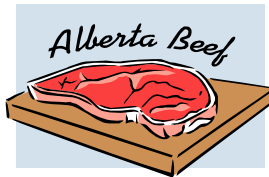
Eggs



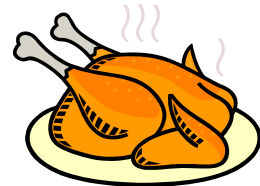
Fish



Beef



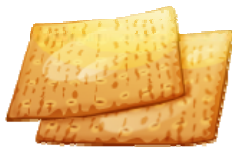
Chicken or Turkey



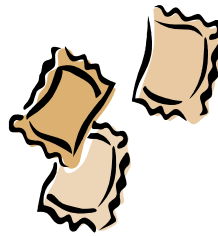
Juice



Crackers



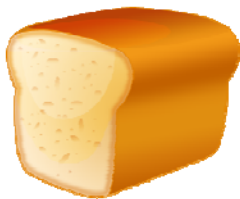
Pasta



Flour



Bread



Cereal



Cooking Oils



Pastries

