

## Grocery Store Tour for Teens, 2023 Pitt County North Carolina

Kathryn M. Kolasa PhD, RDN, LDN, Brody School of Medicine at East Carolina University; Lauren Dail BS, MS., Extension Agent, 4H Development, Greenville, NC; Taneisha Armstrong BS, Family Consumer Science Extension Agent

**Background.** Prior to the COVID-19 pandemic (2015-2019) Pitt Partners for Health (North Carolina) sponsored grocery store tours for adults during March Nutrition Month or to celebrate World Food Day. Tours designed for adults resumed in March 2023. Many of the tours were co-sponsored by Vidant Health Foundation, and the Interfaith Food Shuttle. RDNs at the Pitt County Health Department organized the volunteers. Volunteer registered dietitian nutritionists (RDNs) and other health professionals using the Cooking Matters at the Store curriculum, a program of Share Our Strength, taught participants how to get the most nutrition for their food dollars. Over the years different audiences received the opportunity to take the 2.0-hour tour including a shopping challenge. They included adults from limited resource families, adults with diabetes, caregivers and professionals working with families of limited resources. Some participants brought a child with them.

The tours covered four key skills: reading food labels, comparing unit prices, finding whole grains and identifying all forms of produce. Tour leaders spent time demonstrating these key concepts through interactive activities in the store aisles. The grocery store tour ended with a \$10 Challenge activity that gave participants the opportunity to use the skills they have learned to select at least one healthy food from each MyPlate food group, all for under \$10. Food Lion Gift Cards were provided by the ECU Health Foundation. They took the food home along with a booklet containing information on nutrition and food budgeting, healthy recipes and a reusable grocery bag.

**Request for Tour for Teens.** In Spring 2023, Lauren Dail, Pitt County 4 H agent approached Pitt Partners for Health about providing a tour for teens enrolled in a summer camp called “Adulting 101”. Adulting 101 had been offered in other communities across the United States. The “4-H Adulting 101” series introduces basic adult life skills by exploring a different topic each week including personal values, building healthy relationships, buying and caring for a car, youth entrepreneurship, mindfulness and stress management, and a topic chosen by the participants

Kathryn Kolasa PhD, RDN, LDN, professor emeritus Brody School of Medicine agreed to modify the CMATs tour to meet the needs of this group, in addition to updating some of the CMATS materials and the challenge.

### **Building the Tour**

**Gathering Information.** To avoid re-inventing the wheel Kolas completed a review of the nutrition education literature, reached out to extension and 4-H agents using Listservs, and contacted other

counties that offered The “4-H Adulting 101” series to see if any had a grocery store tour for teens. She found most of the Adulting classes focused on topics like personal values, building healthy relationships, buying and caring for a car, youth entrepreneurship, budgeting, mindfulness and stress management, and a topic chosen by the participants. No ready-made grocery store activity for teens was found. All relevant resources found are listed at the end of this report.

**Pre-assessment of potential participants.** This course was open to all, not just 4-H members. To best use the grocery store tour time, registered participants were asked to reply to these questions developed by Kolasa with input from Dail online. Dail distributed them to the potential participants and six responded. Their responses are in Table 1.

Table 1. | Planning Survey for Grocery Store Activity (n = 6)

Assist with grocery shopping	Percentage %	Number #
When parent asks	83	
At least once a month	-	
At least once a week	-	
Never	16	
<b>Foods you want to learn about (check as many as you like):</b>		
Breakfast Cereals		2
Dairy Foods		3
Drinks and Sodas		3
Fruits		3
Health Snacks		6
Meat (Fish/Poultry)		4
Vegetables		3
<b>If drink milk</b>	83	
Low Fat (1% or 2%)	40	
Plant Based	40	
Whole	20	
<b>I am a vegetarian</b>		
No		5
Sort Of		1

	BEFORE		
	Always	Sometimes	Never
Look at Ingredient Label	0	50	50
Look at Nutrition Facts	0	66	33
	Yes	I Think So	Never Heard of It
Know how to use Unit Pricing	0	33	66
	Agree	Neither	Disagree
Fresh fruits and vegetables are healthier than canned	83	17	
Fresh fruits and vegetables are healthier than frozen	50	33	17
I know how to cook	17	33	33
I know how to eat healthily	50	33	17

In response to an open-ended question, “What I would like to learn on a grocery store tour,” these responses were written in: Bring home good food; Eat more healthily; Learn to shop; Meal planning and budgeting

Unfortunately, these responses came too late to really be incorporated into the planning of the tour.

#### **Using “Cooking Matters At the Store for Adults” as the basis for the tour.**

Previously we used this booklet and the tour guidelines provided by Share Our Strength (2013-2018). Those materials have been discontinued and are a bit out-of-date ([www.cookingmatters.org](http://www.cookingmatters.org)). Attached is a scanned copy of the original booklet. Additionally, the CMATS tour was designed for adults with families with limited resources. A decision was made to maintain some of the adult tour “stops” and eliminate others to provide time to address the interests of teens. The Cooking Matters by Share Our Strength “Waiver and Release” and “Enrollment” forms were used.

Additionally, the Challenge would be changed to purchase ingredients for Healthy Smoothies and Healthy Trail Mix. See the Document “The Healthy Smoothie and Healthy Trail Mix Challenge) for specifics. Sample nutrient analyses were provided by a Registered Dietitian Nutritionist.

The recipe for the smoothie and trail mix came from NC State University 4-H. Cooking Up Confidence. The University of North Carolina Press. [https://uncpress.org/book9781732982338/cooking-up-](https://uncpress.org/book9781732982338/cooking-up-confidence)

[confidence](https://uncpress.org/book9781732982338/cooking-up-confidence). May, 2020. Other sources of trail mix recipes include: <https://foodhero.org/recipes/do-it>

yourself-trail-mix

**The Challenge.** Previously the participants were given a \$10 challenge to buy one food from each food group for a family meal (fruits and vegetables; protein; dairy; grains ) at the end of the tour. Previous volunteers had developed some examples for use. For this workshop, in recognition of increased food prices, Pitt Partners agreed to fund a \$15 Challenge. Several Pitt Partners members reviewed the Guidelines for eligible purchases.

For this teen workshop it was decided that the Challenge would be to purchase the grain, dairy and fruit/vegetable to be used in making Smoothies and Trail Mix in the afternoon cooking session of Adulting 101 camp. The products chosen needed to have at least 1 Guiding Star or be WIC eligible. The participating grocery store, Food Lion, uses the Guiding Star Program (Fischer et al, 2011) to make it easy for shoppers to identify healthy options in different food categories.

### The Tour

Kolasa, using the CMATS “Cooking Matters At the Store for Adults” booklet and CMATS “Facilitators Talking Points” as the basis of the tour Kolasa outlined the tour route.

Because there were two experienced grocery store leaders available, the tour group started at the first station together and then split into two group, led by a RDN and an extension agent experienced in the adult tour. It took place at Food Lion on Red Banks, Greenville NC.

The guided tour was scheduled to last one hour with an additional 30 minutes for shopping and check-out.



**At the first station (Produce section)** the students learned about the “Guiding Stars” program and unit pricing shelf talkers. Most students who had shopped at Food Lion previously were unaware of the guiding stars shelf talkers. Additional information provided included how to use loyalty cards, coupons, and store flyers for other local stores.

Comparisons were made between fresh and frozen strawberries (the tour leader had gotten a bag of frozen strawberries just before the tour started to make the comparisons. Also noted the price of Frozen smoothies found at this store. Leader asked if participants knew how to use unit pricing, few were confident. A brief description was given to be followed up at either the cereal or dairy stations.

The group was divided in half with one group going to Station 2 (Crackers and Cereal) and the other to Station 3 (Dairy). Those stations lasted 20 minutes.



### **Cereal and Cracker Stations.**

The Nutrition Facts label was discussed with a focus on added sugar and whole grains. Definition for whole grains from the CMATS facilitator guide was used. The Shelf Talkers for unit pricing were reinforced. The group did not visit the shelves where dried fruit, it was discussed use in trail mix. Most students were aware of the Nutrition Facts label.

### **Yogurt and Milk Stations.**

The tour leader defined plant milks, and used the Nutrition Facts label to point out vitamin D, A, calcium, and added sugar. Used Nutrition Facts labels were used to compare protein, fat and sugar in various brands of Yogurt and Greek Yogurt. The tour leader discussed the American Academy of Pediatrics recommendation on juice and why this tour would NOT use juice as a base in the smoothies.



### **Fourth Station: Meat.**

about 10 minutes with the whole group  
This station included a discussion on shopping specials to save money, as well as comparing plant-based burgers with regular burger patties. We discussed reasons why a person might buy one or the other. The tour leader also gave example of a fish high in omega 3 fatty acids along with the recommendation to eat fish 1-2 times a week. The tour leader compared fresh, frozen, and canned salmon. Beans were mentioned as a protein substitute and good value. Nuts and seeds were described as good sources of protein and dietary fiber and could go in the trail mix.

**Instructions for Challenge.** For simplicity, the campers were allowed to purchase only products with at least one Guiding Star or a WIC approval (shelf talker). This exercise would have been more difficult for the teens if there was no Guiding Stars program.

Teens paired up themselves. One would buy ingredients for smoothies and the other for trail mix. There was a brief discussion that healthy eating could include soda candy, sweet and savory snacks but not in today's Challenge, noting they are expensive and usually give more than the 200-300 calories most of us can allocate in a day for treats.

They had \$15 to spend. Must include the local sales tax of 2%. Had someone in the group calculate that on \$15.

They shopped in pairs. Brought their purchases to a designated cash register where the tour leaders confirmed the choices were allowed. Food Lion gift card, donated by Pitt Partners were used to ring up the sale after the Loyalty card was swiped for any discounts. Students were allowed to keep gift card if there was money remaining. This part of the activity did take the full 30 minutes. Evaluation questions about the tour were included on the final evaluation of the whole camp experience.



### **Comments from Tour Leaders**

There was a significant challenge, early in the tour, for the leaders. One student had a phone app called YUKA. The group that makes it describes it as “ a mobile application that scans food products to get clear information on the health impact of the products you consume.” The students were eager to download it, and some used it during the tour. The challenge was that the leaders were not aware of this tool and weren't prepared initially to say if it was good or bad. When the leader was describing foods in the dairy section, one student said, “you are wrong—Yuka says....” That led to a discussion of how one knows if an App is good or not. This App seemed to be based, in part, on the list of additives found in a food. Unfortunately, the camper still thought, even though she had no idea how it was developed or data base that drove its labeling of foods as “good” or “bad,” said it was better than the leader. She continued to use it throughout the tour. After that discussion, some of the campers put the App aside.

The cereal aisle is a good place to do unit pricing. Would not do it in the produce section again. Use the PRODUCE section to discuss healthy snacking (need foods from two food groups for a healthy snack) and if available, Guiding Stars (comparing similar products that are fresh, canned, dried, frozen), and why choose conventional or organic produce.

The tour leaders found it helpful to review several articles and “best bites” from Center for Science in the Public Interest newsletter and website. See <https://www.cspinet.org> for articles on yogurts, cereals, and nuts).

### Preparing and enjoying the Smoothies and Trail mix

Back at the Extension office the students broke into groups to prepare smoothies and trail mix. They had an informal taste test and discussed if they thought it tasted good or not and why. Some students took the “super healthy” route to make smoothies, and few liked them. Some took a “cheap route,” and those products didn’t taste good either. A discussion followed about how you don’t save money if you can’t/won’t eat the food.



### Pre and Post Evaluation of the Tour.

Leader comments included that the students generally were engaged and participative. Much of the information was new to the students It would have been difficult to fit all the stations outlined in the CMAST Facilitator Guide into this tour.

Campers were asked to complete a pre-assessment on the day of the tour. They completed an evaluation at the end of camp that included questions about the tour. and a post assessment of the tour. The Table below shows their responses.

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Table 1. Pre and Post Camp Evaluations (n = 16)

<b>Assist with grocery shopping</b>	<b>Percentage %</b>	<b>Number #</b>
When parent asks	47	
At least once a month	27	
At least once a week	27	
<i>Grocery shop for self or friends:</i>		
A few times a year	40	
At least once a month	47	
At least once a week	13	
Never	0	
<b>Foods you want to learn about (check as many as you like):</b>		
Breakfast Cereals		6
Dairy Foods		6
Drinks and Sodas		6
Fruits		3
Health Snacks		10
Meat (Fish/Poultry)		10
Vegetables		5
<b>If drink milk</b>	69	
Low Fat (1% or 2%)	64	
Plant Based	27	
Whole	9	



	BEFORE			AFTER		
	Always	Sometimes	Never	Always	Sometimes	Never
Look at Ingredient Label	0	69	38	--	--	--
Look at Nutrition Facts	0	69	38	33	42	25
	Yes	I Think So	Never Heard of It	Yes	I Think So	
Know how to use Unit Pricing	0	43	53	50	50	
	Agree	Neither	Disagree	Agree	Neither	Disagree
Fresh fruits and vegetables are healthier than canned	81	19	-	61	38	-
Fresh fruits and vegetables are healthier than frozen	40	32		50	14	7
I know how to cook	63	31	6	14	7	78
I know how to eat healthily	63	19	13	47	33	25

There were some changes in response from before and after the tour that reflect campers listened to the presentation and indicated an intent to change their behavior. There were other responses that were difficult to interpret. The Agents suggested that sometimes teens do not take filling out surveys seriously and might just rush through the survey or make spiteful or silly comments. They suggested instead of a pre/post type of test, better feedback would be obtained through a focus group or conversation or raise of hands.

#### **List of Items needed for the Tour:**

The following is what you will need to bring to the tour:

- Tour Route and if needed the original CMATS Facilitator Guide (pdf of pages) •

Participant Waiver and release

- Participant enrolment form
- Participant survey / evaluation - complete page 1 prior to tour and page 2 at end (15 ea.) •

Clipboards

- Pitt Partners Health (PPH) bags if available
- PPH "Snack bag" clips if available
- \$15 challenge guidelines handout (for adults based on CMATS tours or for smoothies and trail mix for teens)
- \$15 challenge examples handout (you can choose if you want to distribute this or just have it available as a reference)

## **Resources and References Identified during the Search.**

-Grocery Store Tour Program Manual (grocery\_store\_tours\_manual.pdf) From the Healthy Youth Program, Linus Pauling Institute, Oregon State University. This 2014, 16-page manual gives detailed tour structure.

-Grocery Store Tours: A guide for Nutrition Educators. ([https://localfood.ces.ncsu.edu/wp-content/uploads/2018/10/GroceryStoreTours\\_Guide.pdf? fwd=no](https://localfood.ces.ncsu.edu/wp-content/uploads/2018/10/GroceryStoreTours_Guide.pdf? fwd=no)) . This 8-page colorful guide is designed to be used as part of a regular series of nutrition education classes, such as SNAP-Ed, the Expanded Food and Nutrition Education Program (EFNEP), Faithful Families Eating Smart and Moving More, or other community nutrition education programs. It was a project of Eat Smart Move More NC.

-Cooking Matters at the Store: Grocery Store Tours for Teen Parents – Extension Fond du Lac County (<https://fonddulac.extension.wisc.edu>)

-NC State University 4-H. Cooking Up Confidence. The University of North Carolina Press. <https://uncpress.org/book9781732982338/cooking-up-confidence>. May, 2020. /cooking-matters). This news brief describes the pilot. See discussion by Melanie Phillips.

-OPMG Smart Shopping (<https://www.hhs.texas.gov/sites/default/files/documents/doing-business-with-hhs/provider-portal/wic/nutrition/opmg-smart-shopping.pdf>). This 8-page section of a handbook provides a framework to implement guided grocery tours for WIC clients and people in the community. During a supermarket tour, participants gain hands-on experience in how to make healthy food choices throughout the grocery store. This section covers the basic information and tools needed to implement a one-time event or a series of guided grocery store tours. The training kit includes the following tools: Planning checklists, points to consider when planning a grocery store tour, a description of sample activities, a sample supermarket contract letter, client handouts and a resource list.

-Feasibility of a Grocery Store Tour for Parents and Their Adolescents: A Randomized Controlled Pilot Study. This is a report of a study that found that it might be possible for teens or adults to lead a grocery store tour but would need additional resources. Nikolaus CJGraziose MM, Nickols-Richardson SM. J Nutr Educ. 2017;49(10):827-837. [https://www.jneb.org/article/S1499-4046\(17\)30781-9/fulltext](https://www.jneb.org/article/S1499-4046(17)30781-9/fulltext)

-4-HFun with Foods, Level 1. Utah state University Cooperative Extension Service. [www.Utah4-H.org](http://www.Utah4-H.org). <https://extension.usu.edu/saltlake/files/FunWithFoodsLevel1.pdf>. Prepared by GC Lauritzen , 2010. Lesson 9. Smart Shopping. Pages 9-1 to 9-9. The lesson is about unit pricing, labels, different types of flour, fruits and vegetables in season. It suggests going to the store with the leader. [https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1018&context=extension\\_curall](https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1018&context=extension_curall)

-Spend Smart. Eat Smart app from Iowa State. <https://spendsmart.extension.iastate.edu/shop/spend-smart-eat-smart-app>. Free at App Store and Google Play. Is a unit price calculator. Recommended by

-Fischer LM, Sutherland LA, Blumberg J. Development and Implementation of the Guiding Stars Nutrition Guidance Program. Am J Health Promotion.2011;(2): <https://doi.org/10.4278/ajhp.100709-QUAL-238>

## **SUMMARY**

The agents involved said that they would include a grocery store tour again. They believed the campers enjoyed it as well as taking home some valuable information. As part of the final evaluation of Adulting 101, the campers asked for more hands-on cooking. The week could start with a Health and Wellness Day that would include a nutrition discussion in the morning followed by the grocery store tour in the afternoon. On the second day they could prepare lunch with foods purchased during the Tour.

## **APPENDIX**

-Food Group Guidelines, Pitt Partners for Health, 2023

-The Healthy Smoothie and Healthy Trail Mix Challenge

-Instructions

-Smoothie Recipe, Nutrient Analysis for Yummy Strawberry Smoothie and for Zesty Blueberry Smoothie and for Peach Smoothie—3 ways.

-Nutrient Analysis for Make your Own Trail Mix

*Photos of the Tour by Qua'Tavia White. Pitt Partners for Health*

For more information contact Kathryn M Kolasa PhD, RDN, LDN; Professor Emerita, Brody School of Medicine, East Carolina University, Greenville NC 27858; [kolasaka@ecu.edu](mailto:kolasaka@ecu.edu)

Prepared January 2024.

## APPENDIX

**Food Group Guidelines**

\*If tour is at a Food Lion, items must have at least 1 GUIDING star or a WIC approved “shelf talker”

**Fruits and Vegetables**

Approved	Not Approved
<ul style="list-style-type: none"> <li>• Seasonal/local produce items</li> <li>• Canned or Frozen vegetables, low-sodium or no-salt-added if possible</li> <li>• Canned fruits in 100% juice or water, no-sugar-added if possible</li> <li>• Applesauce, unsweetened</li> </ul>	<ul style="list-style-type: none"> <li>• Pickled vegetables</li> <li>• Canned or Frozen vegetables WITH ADDED SEASONINGS</li> <li>• Fruit drinks</li> <li>• Canned fruit, Applesauce, or Dried fruits WITH ADDED SUGAR</li> </ul>

**Protein (\*\*if available low sodium/no salt added)**

Approved	Not Approved
<ul style="list-style-type: none"> <li>• Canned beans**</li> <li>• Dried beans, lentils, split peas</li> <li>• Nuts**</li> <li>• Nut/Seed butters (peanut butter, almond butter, sun butter)**</li> <li>• Eggs</li> <li>• Greek yogurt, low or nonfat</li> <li>• Canned Fish or Poultry, in water**</li> <li>• Fresh and Frozen fish, without sauce</li> <li>• Poultry</li> <li>• Meats, lean if possible (any cut can be healthy, depends on preparation)</li> <li>• Tofu, unseasoned and with at least 10% DV for calcium per serving</li> <li>• Tempeh, unseasoned</li> <li>• Soy or Pea Protein crumbles, unseasoned with &lt;230 mg/serving</li> <li>• Quinoa</li> <li>• Pasta made from Legumes</li> </ul>	<ul style="list-style-type: none"> <li>• Canned beans, WITH ADDED SEASONING</li> <li>• Canned Fish or Poultry, PACKED IN OIL</li> <li>• SPAM; canned, smoked, fresh or plant-based sausages</li> <li>• Hot dogs</li> <li>• Jerky</li> <li>• Tofu/Tempeh, in sauce</li> <li>• Frozen edamame**</li> <li>• Frozen plant-based burgers</li> </ul>

### Dairy

Approved	Not Approved
<ul style="list-style-type: none"> <li>• 2%, 1%, or skim milk</li> <li>• Low-fat, evaporated milk, fortified with vitamins A&amp;D</li> <li>• Nonfat, dry milk, fortified with vitamins A&amp;D</li> <li>• Low-fat yogurts with &lt;8 grams sugar</li> <li>• Low-fat cheese</li> <li>• Low-fat cottage cheese</li> <li>• Lactose-free milk (2%, 1%, or nonfat)</li> <li>• Plant milks, Unsweetened and fortified (like soy*, rice, pea, almond, oat) with at least 300 mg calcium per serving and 2.5mcg (100 IU) vitamin D3 per serving</li> <li>• Soy or almond yogurts, fortified with calcium and vitamin D, and with &lt;8g added sugar</li> </ul> <p>*Soy milk beverage is the recommendation in the Dietary Guidelines for the best non-dairy alternative</p>	<ul style="list-style-type: none"> <li>• Whole milk</li> <li>• Coconut milk</li> <li>• Whole milk yogurts with &gt;8 grams sugar</li> <li>• Processed cheese (slices, cheese sauce, cheese whiz, etc)</li> <li>• Unfortified and sweetened plant-based milks</li> <li>• Coconut yogurt</li> <li>• Vegan cheese (too high in sat fat, sodium, low in protein or calcium)</li> </ul>

**If you can't/don't eat dairy, You do not need to buy from this group. BUT, make** sure to add other calcium-rich foods to your cart like broccoli, beans, almonds, leafy greens, tofu set with calcium, and fortified non-dairy milks and yogurts

### Grains

Whole grains; Lower-sugar

Approved	Not Approved
<ul style="list-style-type: none"> <li>• Foods with 100% whole grains listed as first or second ingredient(s)</li> <li>• Corn tortillas</li> <li>• Cereals with &lt;5 grams of added sugar</li> <li>• Grits</li> <li>• Oats: Oatmeal with &lt;5grams added sugar</li> <li>• Popcorn</li> <li>• Crackers</li> <li>• Granola, with &lt;9 grams of added sugar</li> </ul>	<ul style="list-style-type: none"> <li>• Foods with "enriched" or "refined" grains listed as the first ingredient</li> <li>• Cereals with &gt;8 grams of added sugar</li> <li>• Wheat tortillas</li> </ul>



Guidelines approved by Pitt Partners for Health Registered Dietitian Nutritionists (RDN) volunteers, Kathryn Kolasa, Brittany Smith, Kay Craven, Brody School of Medicine, December 2023.

## Guidelines for Healthy Smoothie

(compiled by Dr. Kathy Kolasa, 2023)

1. Keep the calories in line with the meal or snack that it is replacing.

Snack less than 200 calories, breakfast 300 calories, lunch 500 calories and dinner less than 1,200 calories.

If you buy them the stores vary a great deal in calories of 12- and 24-ounce smoothie

2. Don't be tricked by the name of the store... just because it has Nutrition or Health, or similar type of words doesn't mean it's healthy
3. In those you buy in a bottle or thaw and go cup, read the NUTRITION FACTS label for the number of servings in the bottle or cup. select brands with no added sugar or juice
4. If making your own, blend with water, milk, or yogurt, not juice (empty calories)
5. Select products that have at least 2 grams of dietary fiber (to help feel full and regular)
6. Think about why you would add any special ingredients like protein powders, stacks, or boosts. What do they add in nutrition? In price?
7. If using a recipe to make your own, read the nutrition information to decide how it fits in your consumption for the day. If it doesn't have the nutrition information, use a simple online program or app to calculate the nutrition value

## **The Healthy Smoothie and Healthy Trail Mix CHALLENGE**

You will have up to \$15 to spend on ingredients to make either a healthy smoothie or a healthy trail mix.

You need enough to share with at least one other person. The goal is to be kind to your budget.

Food Lion uses the Guiding Star Program to make it easier to find healthy foods. Items in each category (e.g. cereals, crackers, canned fruits, canned vegetables, yogurts) will have no, one, two or three stars. Use these to compare the products in each category. The nutrition formula used to define one category (i.e. cereal) is not the same for another category (i.e. yogurt). They are just to compare like foods.

- For your challenge you can only buy foods/ingredients that have at least one star or the WIC approved symbol on the shelf. A healthy diet can include other foods, but not for this challenge.
- ❖ The best milks (cow or plant based) will have at least 300 milligrams of calcium, 25% of your daily need for vitamin D3, 10% of your daily need for vitamin A. It will have at least 7 grams of protein and no more than 5 grams of added sugar per serving.
- ❖ For the challenge, the best cereals and crackers will have “100% whole grain” or “bran” as the first or second ingredient. It should have no more than 7 or 8 grams of added sugar.

The 4H Smoothie Recipe will make 2 servings. Depending on what you choose it will have

110-140 calories, 3-2 grams of protein, 1-2 grams of dietary fiber, 8-20% your calcium need, 0-10% of your vitamin D need

The 4H Make Your Own Trail Mix recipe makes 10 servings and has about

150 calories, 17 grams carbohydrate, 2 grams dietary fiber, 4 grams protein, 7 grams sugar (no added sugar), 10 % of your iron need, 2% calcium

In this store you will find

**For SMOOTHIE**

**Yogurt and Milk in the Dairy section: you need ½ cup milk and 1 cup of yogurt (greek works well)**

**Fruit in the Produce Department, Frozen fruit in cases along the Dairy aisle You need ½ cup fruit**

**For TRAILMIX you need 5 different ingredients**

**Dried fruit on aisle 2.**

**Nuts on aisle 6**

**Cereal on aisle 8**

**Crackers and popcorn on aisle 5**

Keep track of how much you are spending. Come to the check out area when you have the ingredients you need to check out.

Pitt Partners in Health Grocery Store Tour for Adulting 101, prepared by Dr. K Kolasa, ECU Fam Med  
7/2023



## Yummy Strawberry Smoothie:

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	TotFib (g)	SugAdd (g)	Fat (g)	SatFat (g)	Calc (mg)	Pot (mg)	Sod (mg)
Yummy Strawberry Smoothie (4H)	1	Serving	112.90	6.35	0.76	6.00	1.16	0.70	239.93	360.01	88.72
strawberries, fresh, halves	0.25	Cup	12.16	0.25	0.76	0	0.11	0.01	6.08	58.14	0.38
yogurt, vanilla, lowfat	0.5	Cup	80.00	4.00	0	6.00	1.00	0.67	153.33	200.00	63.33
milk, skim	0.25	Cup	20.74	2.09	0	0	0.05	0.03	80.52	101.87	25.01
<b>Total</b>	<b>1</b>	<b>Serving</b>	<b>112.90</b>	<b>6.35</b>	<b>0.76</b>	<b>6.00</b>	<b>1.16</b>	<b>0.70</b>	<b>239.93</b>	<b>360.01</b>	<b>88.72</b>

## Yummy Strawberry Smoothie (4H)

Number of Servings: 2 (212.33 g per serving)

Weight: 424.67 g

### Nutrition Facts

servings per container

Serving size **(212g)**

Amount per serving

**Calories 110**

% Daily Value\*

Total Fat 1g **1%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 90mg **4%**

Total Carbohydrate 19g **7%**

Dietary Fiber 1g **4%**

Total Sugars 16g

Includes 6g Added Sugars **12%**

Protein 6g

Vitamin D 2mcg **10%**

Calcium 240mg **20%**

Iron 0mg **0%**

Potassium 360mg **8%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Peach Smoothie - 3 Ways

### 1. Made with peaches, nonfat vanilla Greek yogurt, and skim milk

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	TotFib (g)	SugAdd (g)	Fat (g)	SatFat (g)	Calc (mg)	Pot (mg)	Sod (mg)
<b>Peach Smoothie (4H)</b>	<b>1</b>	<b>Serving</b>	<b>121.89</b>	<b>12.44</b>	<b>1.24</b>	<b>6.69</b>	<b>0.15</b>	<b>0.04</b>	<b>190.50</b>	<b>312.15</b>	<b>61.28</b>
peaches, fresh, sliced	0.25	Cup	15.01	0.35	0.56	0	0.10	0.01	2.31	73.15	0
yogurt, greek, vanilla, 32 oz, nonfat	0.5	Cup	86.13	10.00	0.68	6.69	0	0	107.67	137.13	36.27
milk, skim	0.25	Cup	20.74	2.09	0	0	0.05	0.03	80.52	101.87	25.01
<b>Total</b>	<b>1</b>	<b>Serving</b>	<b>121.89</b>	<b>12.44</b>	<b>1.24</b>	<b>6.69</b>	<b>0.15</b>	<b>0.04</b>	<b>190.50</b>	<b>312.15</b>	<b>61.28</b>

## Peach Smoothie (4H)

Number of Servings: 2 (212.83 g per serving)

Weight: 425.67 g

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(213g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 60mg</b>	<b>3%</b>
<b>Total Carbohydrate 18g</b>	<b>7%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Total Sugars 16g</b>	
<b>Includes 7g Added Sugars</b>	<b>14%</b>
<b>Protein 12g</b>	
<b>Vitamin D 1mcg</b>	<b>6%</b>
<b>Calcium 190mg</b>	<b>15%</b>
<b>Iron 0mg</b>	<b>0%</b>
<b>Potassium 312mg</b>	<b>6%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Make your own Trail Mix (10 servings):

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	TotFib (g)	SugAdd (g)	Fat (g)	SatFat (g)	Calc (mg)	Pot (mg)	Sod (mg)
Make Your Own Trail Mix (4H)	1 Serving		154.06	4.09	2.52	0.42	8.71	1.27	31.94	189.60	76.33
popcorn, air popped	0.3 Cup		9.29	0.31	0.35	0	0.11	0.02	0.17	7.90	0.19
cereal, Cheerios	0.1 Cup		10.53	0.34	0.26	-	0.19	0.04	11.23	17.95	13.92
crackers, wheat, original, Wheat Thins	0.1 Cup		22.05	0.45	0.43	0.42	0.76	0.13	3.20	15.70	37.50
mixed nuts, lightly salted, roasted, with peanuts	0.1 Cup		86.19	2.79	1.08	0	7.65	1.08	13.35	86.05	22.72
raisins, California	0.05 Cup		26.00	0.20	0.40	0	0	0	4.00	62.00	2.00
<b>Total</b>	<b>1 Serving</b>		<b>154.06</b>	<b>4.09</b>	<b>2.52</b>	<b>0.42</b>	<b>8.71</b>	<b>1.27</b>	<b>31.94</b>	<b>189.60</b>	<b>76.33</b>

## Make Your Own Trail Mix (4H)

Number of Servings: 10 (32.4 g per serving)

Weight: 324 g

### Nutrition Facts

servings per container

Serving size (32g)

Amount per serving

**Calories 150**

% Daily Value\*

Total Fat 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 7%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 32mg 2%

Iron 2mg 10%

Potassium 190mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.