



LET'S START TALKING

Grocery store conversations with your child(ren)

Did you know...

The number of positive, quality words that children hear can really increase their future success?

The grocery store can provide great chances for families to talk together.

Take a look at the questions to the right. While you are shopping today, see how many questions you can ask and explore together.

Happy shopping!

Fruits & Vegetables



- How many different kinds of apples can you count?
- Can you find a fruit or vegetable that tastes sour?
- Why do you think fruit have seeds?

Dairy



- Why do you think some eggs are brown while others are white?
- Where do you think milk comes from?
- Why do you think cheese is good for you to eat?

Meats



- Why do you think meat is kept cold?
- Why do you think lean meat is healthier to eat?
- Where do you think fish comes from?

Bakery



- Do you think bread comes from a plant or an animal?
- How many types of nuts can you count?
- Why do you think some bread is flat?

Any nutrition questions?

There are many free services to contact, including:

1 Your in-store dietitian:
 Lisa Doerr, MScFN RD
 519-636-0846
 lisa.doerr@loblaw.ca

2 **EatRight Ontario**
 SPEAK WITH A REGISTERED DIETITIAN FOR FREE
1-877-510-510-2
 www.eatrightontario.ca



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