

## START SHOPPING



## TURN SHOPPING INTO AN ADVENTURE

Shopping with our senses can be so fun,  
See, smell or touch until you find the right one.  
Pick fresh, canned or dried in your own colorful style,  
Find others behind the cool door in the frozen food aisle.

### LOOK + FIND

Can you find these three things? Broccoli, pepper, shopping cart



## CAN YOU FIND THESE FORMS OF CHICKPEAS WHERE YOU SHOP?



DRIED



CANNED



HUMMUS



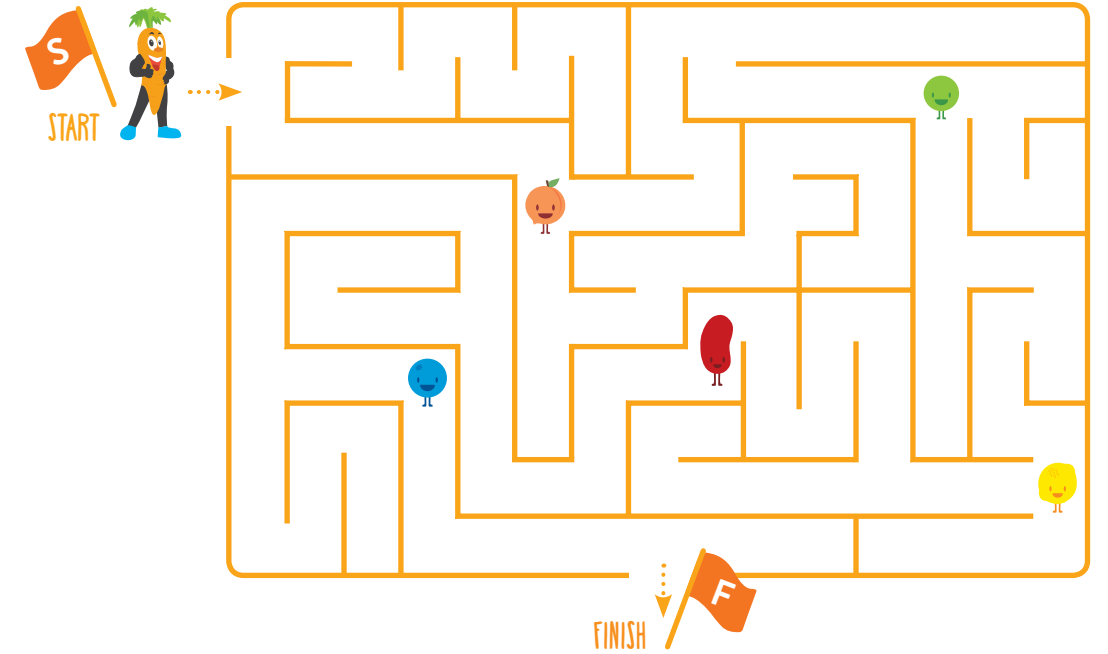
FALAFEL



ROASTED

## FRUIT AND VEGGIE MAZE

Move Chomp through the maze and help him PowerUp and pick up 5 fruits and veggies along the way.



## KIDS IN THE KITCHEN: SMOOTHIE MAGIC

Did you know that blending these colorful fruits and veggies makes a great smoothie? What color do you think it will be?



Find the answer and the recipe to this Green Pineapple Smoothie at [healthpartners.com/powerupfamily](https://healthpartners.com/powerupfamily).

## SAVVY SHOPPERS WASTE LESS FOOD

Before shopping, make a list with weekly meals in mind. For fresh fruits and veggies, get what you know you'll be able to prepare and eat to help reduce food waste.

