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RClipboards  
RLined paper  
RAHA's  
RPens

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RVideo –		RGrocery store section signs (make based on the Shop Smart Throughout the Grocery Store handout)
RVideo –		R1 green apple
RVideo –		R1-2 handfuls of spinach
RGuide –	(Optional)	R¼ large cucumber
RArticle –		R1 kiwifruit
RArticle –		R2 tablespoons fresh lemon juice
		R1 cup fat-free or low-fat milk or non-dairy alternative or water
		R2 teaspoons honey
RRecipe –		R1 cup ice cubes
RHandout –		RBlender
RHandout –		RMeasuring cups/spoons
		RChef's knife
RHandout –		RCutting board
RHandout –		RPeeler
RHandout –		RCups (for tasting)

RChairs and tables for participants  
RPens for participants  
RFolders  
RComputer, internet access, and projector, if available

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- Contact a local grocery store that's close to where a majority of your group lives, and has affordable options.
  - If the majority of your participants do not speak English as their primary language, ensure the tour guide is bilingual or arrange for a translator.
  - Give preference to a store that has an in-store dietitian. If (c)5.4(i)2(p)-1.31 (en-U)2(o n)-54.9(l)1tca67-2.5.4(i)22(o c)11.8(e)6.1.6(s)-9.6(s)-9.6 for

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- Provide examples for identifying added sugars

“kcrNarVA^ kncLsJro> oyNNrNaNL JNnNA^ cn {cTsnr©  
AaL rnAao SAro “kcrNarVA^ kncLsJro> `VJncyAxN  
popcorn, baked goods) on ingredient lists.

- At least two times during the tour, stop to compare unit prices of items that are similar in nutritional quality (e.g., two different brands of canned fruit or whole-grain cereal)

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Use if video capabilities are unavailable.

When you are planning your next trip to the grocery store, try to remember this

To shop smart, focus your shopping where healthy foods are usually located.

Fresh fruits and vegetables are a great starting point when you arrive at the grocery store. Next, look for whole-grain breads. In the seafood section, choose salmon, tuna, trout and herring. In the meat/deli section, remember to limit your purchases of red meats and processed red meats. In the dairy area, look for low-fat and fat-free products. Also, check out the store's selection of frozen fruits and vegetables. We'll talk more about all types of fruits and vegetables in a minute. In the middle aisles, you can still find fruits and vegetables (without added sugar or sodium), whole-grain foods, nuts and seeds and herbs and spices. Choose carefully in the middle aisles. There are many less healthy non-perishable items there. It's wise to spend the bulk of your time on the perimeter of the store.

If you are traveling to the middle aisles, remember to locate the unit prices when comparing two healthy options.

For example, if you are deciding which whole-grain loaf of bread to purchase,

it's wise to spend the bulk of your time on the perimeter of the store.

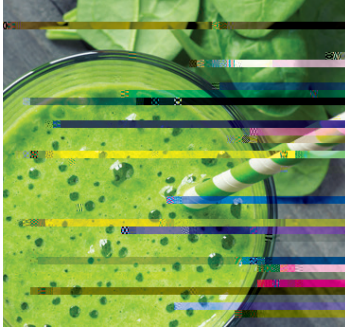
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Delicious uses (for canned fruits and  
x N T N r A I ^ N o © ›

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This yummy smoothie is a perfect way to get a lot of fruits and vegetables in at one time! Smoothies are great for both kids and adults, so you can share this recipe with your entire family!

R1 cup fat-free or low-fat milk or non-dairy alternative or water

R1 cup ice cubes

R1 unpeeled green apple, cored, cut into large chunks

R¼ large cucumber, peeled and cut into chunks

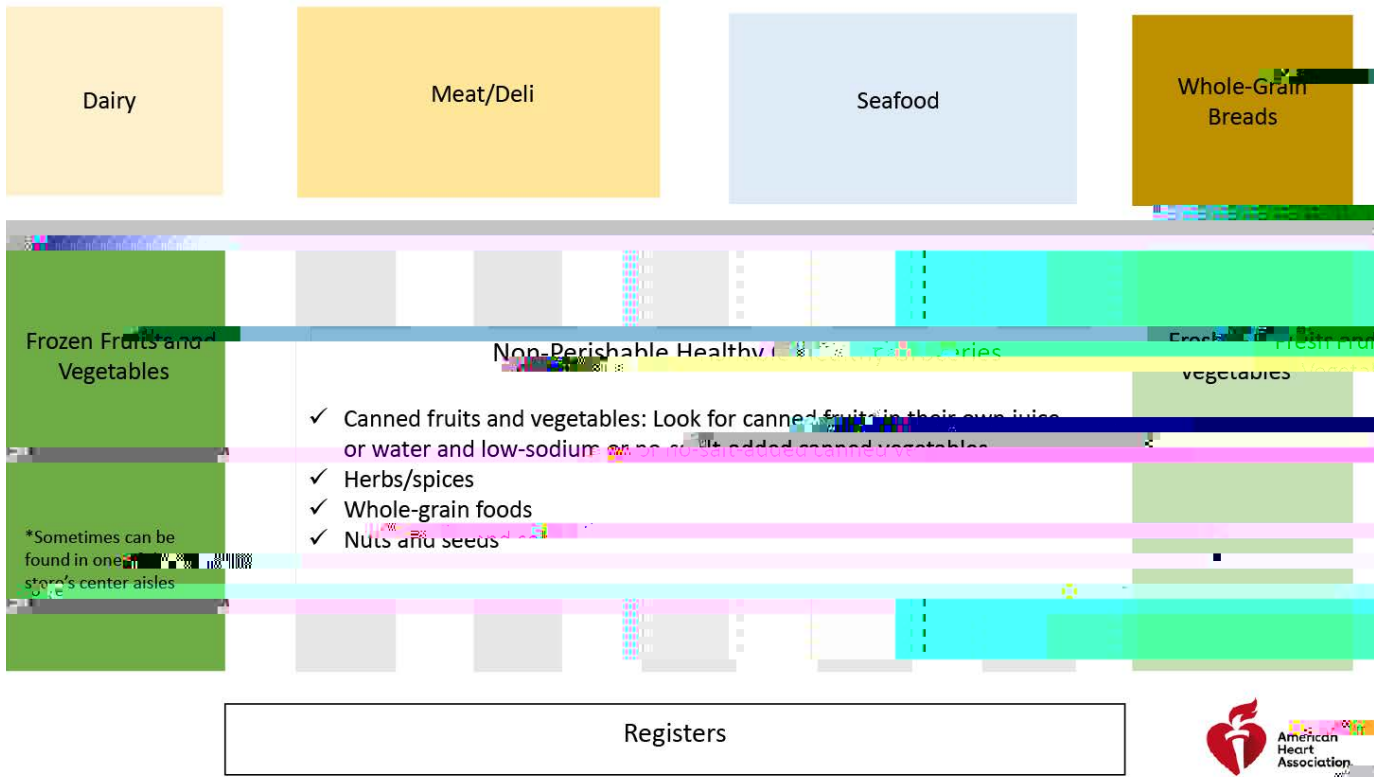
R1 kiwifruit, peeled and cut into chunks

R1-2 handfuls of spinach (washed and dried)

R

R







is less expensive because its retail price is less. But with a closer look at the unit prices, cheese, making it a better buy.

10 Oz. Fat-Free Cheese

UNIT PRICE	RETAIL PRICE
\$0.18 per oz.	\$1.75



20 Oz. Fat-Free Cheese

UNIT PRICE	RETAIL PRICE
\$0.14 per oz.	\$2.95



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