

Diabetes: A Family Matter Grocery Store Tours

Brief Description:

This activity is designed to inform people about ways to make healthy choices when shopping. Many people spend large amounts of money but get little nutritional value for the money spent. Several activities are suggested. Someone who knows about nutrition and diets will be needed to guide this project. Check with your local Cooperative Extension Agent to find ways to offer a grocery store tour program in your community. Maybe a retired dietician lives in your community? Volunteer SUGAR Helpers can also take part in organizing and doing this activity.

Objectives:

1. Identify ways to make healthier choices.
2. Learn grocery shopping tips.
3. Learn about reading food labels.
4. Learn about price comparisons.

Participants:

Grocery store tours can be helpful for those who have diabetes or are family members of persons with diabetes. However, they can also be beneficial for individuals that have told they need to be on any kind of special diet, those that have to prepare meals for those on special diets, those who are interested in being healthier, and those that are interested in finding ways to spend their money in wise ways for nutritious foods. This tour could also be good for scouts, 4H group, youth, and persons with limited incomes. In fact, the tour can be helpful to anyone that wants to learn more

about choosing healthy foods and fixing nutritionally balanced meals.

Costs:

Unless you plan something else as part of the activity, this should not cost anything more than the time it takes.

Activity Duration:

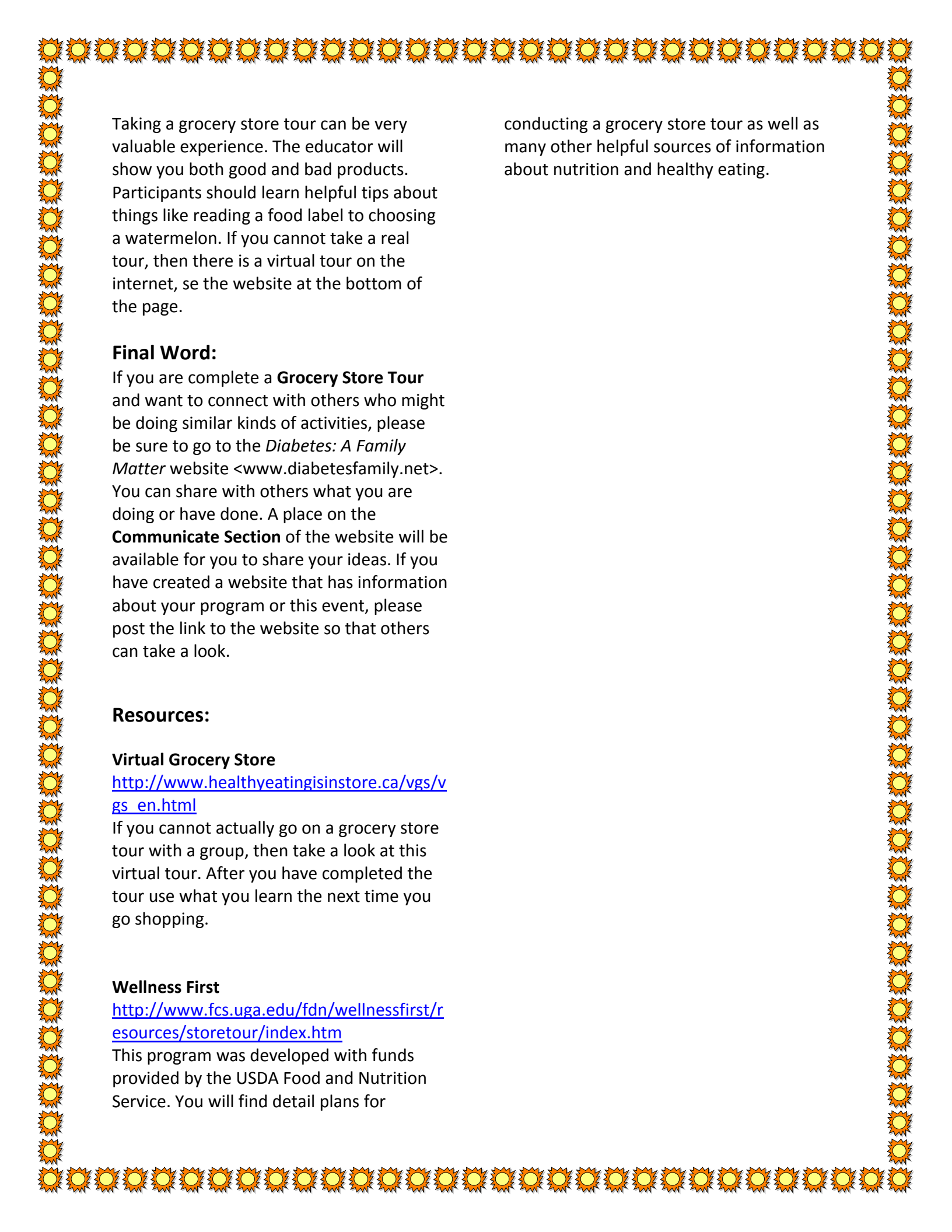
A grocery store tour will likely take about one hour. If you plan to have the group meet ahead of time and then transport them to the store, it will take additional travel time. Having everyone meet there can be a good way to get started. You might want to be sure there is a way that people can get additional answers to questions after they complete the tour.

Materials needed:

No particular materials will be needed for the tour, but you may want to suggest that the group brings a pad and pen so that they can jot down notes they want to make. You may also want to have some materials to give the participants to take home after the tour is completed.

The Grocery Store Tour:

Keep in mind that before you take a group for a grocery store tour, you will need to obtain the manager's permission. This should be done ahead of time. Managers need to know the date and time to expect you. They will also need to know how big the group will be and how long the tour will take. They may suggest a time and date for the tour when less traffic will be in the store.



Taking a grocery store tour can be very valuable experience. The educator will show you both good and bad products. Participants should learn helpful tips about things like reading a food label to choosing a watermelon. If you cannot take a real tour, then there is a virtual tour on the internet, see the website at the bottom of the page.

Final Word:

If you are complete a **Grocery Store Tour** and want to connect with others who might be doing similar kinds of activities, please be sure to go to the *Diabetes: A Family Matter* website <www.diabetesfamily.net>. You can share with others what you are doing or have done. A place on the **Communicate Section** of the website will be available for you to share your ideas. If you have created a website that has information about your program or this event, please post the link to the website so that others can take a look.

Resources:

Virtual Grocery Store

http://www.healthyeatingisinstore.ca/vgs/vgs_en.html

If you cannot actually go on a grocery store tour with a group, then take a look at this virtual tour. After you have completed the tour use what you learn the next time you go shopping.

Wellness First

<http://www.fcs.uga.edu/fdn/wellnessfirst/resources/storetour/index.htm>

This program was developed with funds provided by the USDA Food and Nutrition Service. You will find detail plans for

conducting a grocery store tour as well as many other helpful sources of information about nutrition and healthy eating.