



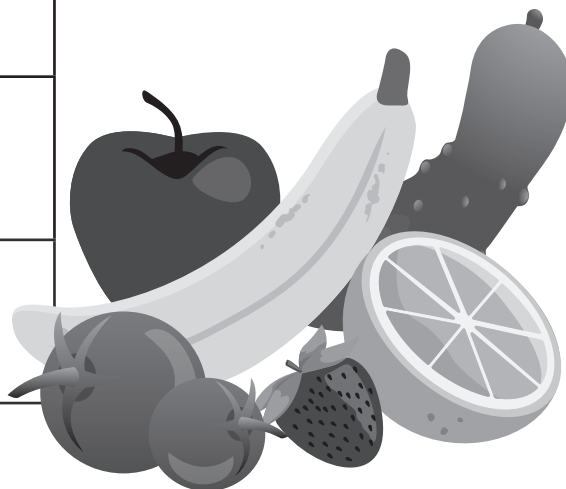
Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Snack-Shopping List

Instructions: Answer these five questions about your snacking habits and what you like to eat. When you're done, use your answers to make a shopping list at the bottom. Tear it off and send it with a parent, or tag along and shop for snacks yourself. Remember: If the snack has a few ingredients, list them all.

|   |                     |
|---|---------------------|
| 1. Instead of buying sugary or high-fat snacks at school or the store, put a healthy snack in your backpack every morning. What healthy snack would you like to pack?                                 | Backpack snack:     |
| 2. Do you snack after school? If so, what healthy snack would you like to eat after school?   | After-school snack: |
| 3. Do you eat dessert after dinner? If so, what healthy dessert would you like?   | Dessert:            |
| 4. Don't forget the weekend! Think about what you'll be doing — playing sports, hanging out with friends — and if you'll be eating snacks. What healthy snacks would you like to have on the weekend? | Weekend snacks:     |
| 5. To pack or store a snack, you might need some containers. For your snacks, will you need anything like a plastic bag or reusable plastic container?  | Containers:         |



Shopping List: \_\_\_\_\_



|       |       |       |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |