



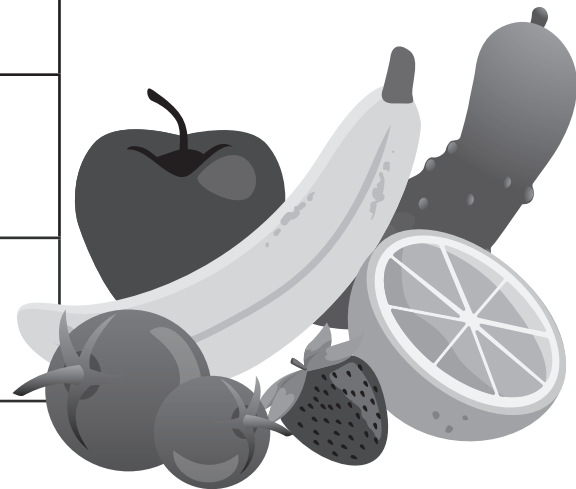
Name: _____

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:  _____

_____	_____	_____
_____	_____	_____
_____	_____	_____
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