

# GROCERY SHOPPING

## PARENT HANDOUT

### CIRCLE TIME

#### **TRAVELING SONG** Tune: The Mulberry Bush

*We're going to the grocery store,  
The grocery store, the grocery store.  
We're going to grocery store,  
To buy a bag of apples.*

Pass out brown lunch bags containing plastic fruit and vegetable shakers to children.

#### **THIS LITTLE PIGGY WENT TO MARKET** Nursery Rhyme

*This little piggy went to market.  
This little piggy stayed home.  
This little piggy had roast beef.  
This little piggy had none.  
This little piggy cried wee, wee, wee, wee,  
All the way home.*

Point to each of child's toes as nursery rhyme is said.

#### **UNPACK AND STACK** Group Movement Activity

Parents and children remove food containers from grocery bags and stack them. Use empty food containers.

Play soft rock background music.

### CREATIVE PLAY STATIONS

Free play with theme puzzles, playdoh, stacking cups and bubbles

#### **PRODUCE STAND** Messy Play

Children and parents mist plastic fruits and vegetables in a sensory table. Use water filled spray bottles. Add berry baskets for "in and out" play.

#### **COUPON CUT-OUTS** Creative Play

Children and parents cut coupons and glue on paper. Children scribble with markers on lined paper "writing" out their shopping lists. Label with child's name and take home.


#### **SHOPPING DAY** Language/Pretend Play

Children and parents pretend to go shopping, filling a toy grocery cart with food containers and plastic fruits and vegetables. Pay with pretend money. Use the words "in" and "out."

#### **PUTTING GROCERIES AWAY** Problem Solving Play

Children put groceries away by category in the classroom housekeeping center. Categories may include canned, bagged and boxed foods.

### SNACK TIME

 Can of fruit, spoon and a juice box in a brown paper bag

### HOME PLAY

**Praise your child. Hug, kiss, smile, and say, "Beautiful!"**

 Encourage your child to participate in grocery shopping by helping to put away food items when you get home.

### TEN THINGS EVERY CHILD NEEDS

 Interaction  Loving Touch  Stable Relationship  Safety and Health  Self Esteem  Quality Child Care  Communication  Play  Music  Reading