



Nutrition Counseling Services LLC

## Fooducate Fun Challenge

**Purpose Statement:** The purpose of this challenge is to learn how to purchase healthier foods and beverages when shopping.

**Challenge Steps:**

- A. Visit [www.fooducate.com](http://www.fooducate.com) to search products or get information to download the free Fooducate App.
- B. Scan barcode (if using app) or Search (if online) three foods or drinks that you consume.
- C. Report your findings:

	Name of Food or Drink	Fooducate Grade	Calories Per Serving	Should I buy this product? Y or N Why?
<b>Example:</b>	Baked Lay's Potato Chips, Original	C	120	N – highly processed
<b>1.</b>				
<b>2.</b>				
<b>3.</b>				

- D. Review the *Shop Smart— Get the Facts on the New Food Labels* handout.

- E. Was this information helpful in selecting healthier foods at the store? \_\_\_\_\_

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**Return** this sheet by email ([carol@eatinghealthier.net](mailto:carol@eatinghealthier.net)) or fax (704-734-0662).

Your Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_