



Nutrition Counseling Services LLC

Supermarket Dash Challenge

Purpose Statement: The purpose of this challenge is to learn how to select healthier options when grocery shopping.

Challenge Steps:

- A. Visit <http://www.myeatsmartmovemore.com/AisleByAisle.html>.
- B. Print and review the **Pocket-Sized Shopping Tips** sheet.
- C. Pick and watch three (3) mini video clips.
- D. List at least one helpful tip from each clip that you plan to use when shopping.

	Name of Video Clip	Helpful Tips
1.		
2.		
3.		

- E. At your next shopping trip, list one healthy item that you purchased differently based upon the information from the videos: _____

Return this sheet by email (carol@eatinghealthier.net) or fax (704-734-0662).

Your Name: _____ Contact Number: _____