



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. And don't worry about the cost – healthy foods aren't any more expensive than unhealthy ones.

1. Pack a snack! Instead of buying sugary or fatty 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:	How many (or how much) will you need for 5 school days?
2. Do you snack after school? If so, what healthy snack would you like to eat after school?	After-school snack:	How many (or how much) will you need for 5 school days?
3. Do you eat dessert after dinner? If so, what healthy dessert would you like?	Dessert:	How many (or how much) will you need for 1 week?
4. Don't forget the weekend! Think about what you'll be doing – playing sports, watching TV, hanging out with friends – and if you'll be eating some snacks. What healthy snacks would you like to have on the weekend?	Weekend snacks:	How many (or how much) will you need?
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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