Grocery Store Scavenger Hunt

According to Nutrition.gov, healthy food choices are important for good health and well-being. Eating well means eating a variety of nutrient-packed foods and beverages from the food groups of MyPlate and staying within your calorie needs. One key to making your grocery shopping the most healthful is by knowing your store!

Grocery stores have thousands of products, with most food items grouped together to make your decision-making easier. Many grocery stores have sections where foods are shelved much like the food groups of MyPlate: Fruits, Vegetables, Grains, Milk (calcium-rich foods), & Meat and Beans (protein-rich foods).

Where are these food groups in your store?

This grocery scavenger hunt will challenge your shopping skills and keep you moving in the process!

Object:

Find each grocery item listed in the boxes below, by visiting a food store or farmer's market. For each item found, show proof by taking a photo of the item.

Complete the list. Those who find all items the fastest, within a 3-week period, win the challenge.

Link up with a buddy or small group in your office to complete the challenge. You may choose to challenge another small group, if you like.

Ways to collect and share:

- ☑ All challenge participants must sign and submit a photo waiver at start of challenge to the designated Wellness Council member.
- ☑ Scavenger Hunt photos should be sent to the designated council member. Photos can be shared by adding them to an office display board (or some creative way).
- ☑ At the end of the challenge, the designated council member should send all photos to their Regional Wellness Coordinator.

Items to Find

1. Product with Whole Grains Stamp	16. Something Sold in a Package of Four
2. Sushi Stand or Display	17. A Yellow Mango
3. Product with a “Super Food” Label	18. Comes in More than One Color (Fruit or Vegetable)
4. Canned 100% Pumpkin	19. Product with Monounsaturated Fat
5. Product with less than 340mg of Sodium	20. Product with Kale & Cabbage Included
6. Has Coconut as an Ingredient	21. Cereal Advertised as “Heart Healthy”
7. A “Buy One, Get One Free” Label or Coupon	22. Salmon-Flavored Product
8. Product with “No Added Sugar” Label	23. Fruit or Nut Covered in Dark Chocolate
9. A Food Advertised as “Low-Fat”	24. A Food Advertised to Promote Healthy Living
10. A Tofu Product	25. Soy Product
11. Contains Omega-3	26. Organic Yogurt Product
12. Packaging Made from Recycled Materials	27. Pasta Product Made with 100% Whole Grains
13. Product with More Than Two Types of Beans and/or Peas	28. Edamame Product
14. A Product Made with One of the Following Whole Grains: Barley, Amaranth, Sorghum, Buckwheat	29. A Lentil Product/Package
15. An All-Natural Baked Product	30. Something Priced at $7.99