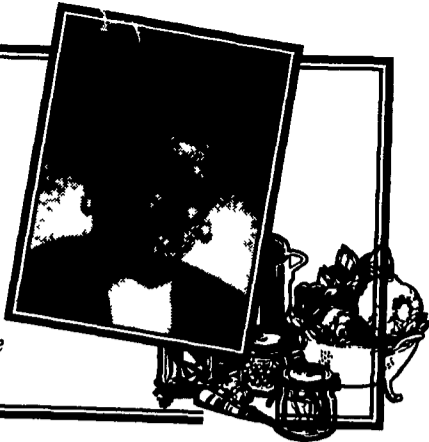


Consuming Thoughts

by
Fay Strickler

Penn State Extension Home
Economist For Berks Co.



Most moms and dads do not always have the luxury of going food shopping alone. Supermarkets management expects children to accompany an adult to their store. They not only provide lots of buying options, but also have seats for young children in grocery shopping carts.

Grocery shopping with children need not be a problem! Children can enjoy the experience, learn and help you too! Advance preparation is important.

Make a shopping list so that you can shop quickly and efficiently. If your children are old enough, let them help you to prepare the list. Organize your shopping list in groups which match the aisles or sections of the store. This will speed things up.

Be sure to feed yourself and your children before you shop. You won't be as tempted to buy goodies if you have all eaten and if possible, shop when your children are rested.

It's a good idea to plan your

shopping when the store is less crowded. Busy store hours are usually 3 to 6 p.m. and on weekends. Try to shop on weekday mornings, if possible. Everyone will be rested. Become familiar with stores in your area. Know where things are shelved or displayed.

Shop at a store located near you if possible. This reduces travel time which may make children restless or uncomfortable.

Let your children help you! Have each child add one item to the shopping list before you leave the house.

Let your children have their own list from items you need to buy. Give them the responsibility of collecting two or three items. A "list" can be made of old labels or wrappers from food items that you wish to purchase. Children can identify foods with similar labels as you shop.

Let children choose a new or "special" vegetable or fruit when they shop with you. This will add variety to your meals and spark their interest in helping

you. You can suggest several items from which they can choose.

Talk to your children as you shop. Explain what you are doing as you go through the store, OR you may want to have them choose items for a favorite snack. Take the ingredients home and let them prepare the snack from the foods they purchased.

Here is quick tasty snack that children can prepare.

Graham Cracker Topped Applesauce
2 whole graham crackers
2 tablespoons applesauce
small ziplock bags
Place graham crackers in ziplock bag. Push air out. Close bag and have child smash graham crackers using fist. Spoon applesauce into small bowl or cup. Have child open bag and pour graham cracker bits over the applesauce.

Susquehanna County Seeks Dairy Royalty

MONTROSE (Susquehanna Co.) - The Susquehanna County Dairy Promotion Committee is searching for candidates who would be willing to promote milk and dairy products, and serve as dairy princess for a year.

If you are between 16 and 24 years of age, energetic, enthusiastic, enjoy being with people and would like to promote Pennsylvania's number one beverage, milk, to young and old, farm and non-farm audiences in schools, stores, fairs, and club meetings, becoming a dairy princess candidate may be for you.

The county princess receives a \$200 clothing allowance when she is crowned and upon accep-

tance to a school of higher learning will receive a \$200 scholarship following high school. There are numerous incentive awards available to the princess during her year-long reign.

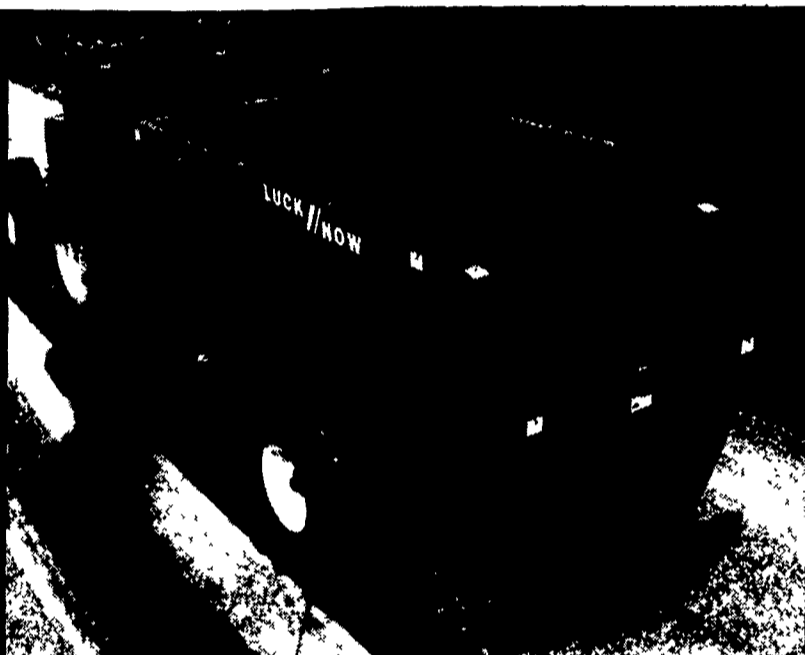
For younger promoters between the ages of 10 and 13, consider becoming a dairy maid.

Dairy ambassadors between 13 and 16 may be appointed to assist the dairy princess.

Together the dairy royalty will represent dairy farmers in Susquehanna County throughout a year long reign. To receive more information and an application, contact Kay Garner at 717-278-3905, or Peggy Empet at (717) 434-2582 or 717-434-2682 by May 15.



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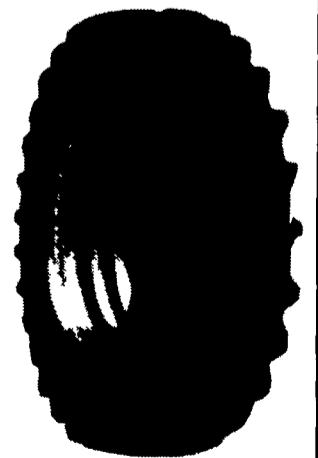
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