



Dear Parent/Guardian,

Thank you for supporting your child while he/she takes part in the **Be A Smart Shopper** program at Giant Eagle.

Healthy and balanced eating habits start at a young age. By leveraging educators' and dietitians' expertise, we have created a fun and engaging set of learning experiences for your child. An organized visit to your local Giant Eagle store allows your child to gain hands-on experience that reinforces his/her classroom health and nutrition lessons.

After this program, your child should have a general understanding of healthy eating, reading labels, and grocery shopping on a budget.

We encourage you to ask your child about what they learned and to support these lessons at home. Here are a few simple suggestions on how to do so:

- Make a shopping list together of healthy foods and beverages
- Encourage your child to try new and interesting foods
- Help your child read and understand the nutrition information printed on packages and posted in produce, meat and seafood departments
- Have your child select produce and weigh it to determine the total cost of the purchase
- Have your child tell you whom they met on their store tour, what areas of the store they visited and what they learned there

Happy and healthy shopping!

Sincerely,

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