

# Kid Healthy Ideas



There is no better place to learn how to make smart food choices than in the aisles of your local Stop & Shop.



## What Is It?

During their trip to Stop & Shop, students learn to be healthy kids through everyday healthy habits. They'll also discover the benefits of nutrition and the importance of a balanced diet using MyPlate.

Kid Healthy Ideas™ promotes the importance of personal care, physical activity and the environment. Field trips create lasting memories and touch lives long after the trip is over.



## Field Trip Highlights

- Learn MyPlate principles to make balanced meals
- Use labels to identify healthy foods
- Understand the importance of vitamins and minerals
- Discover how personal choices affect the world we live in ...and more!

“ The field trip fell right in line with a health project we have going on in my class right now so the trip was perfect.

Angelic F.  
Educator, Upper Marlboro, MD

**Duration:** 60 Minutes

**Group Size:** 5-30 Students

**Age Ranges:** Grades PreK-6

**Cost:** Free

**FIELD  
TRIP** FACTORY



Learn more at:  
[www.FieldTripFactory.com/StopAndShop](http://www.FieldTripFactory.com/StopAndShop)



Call us at:  
**800.987.6409**