

Welcome to Week Two!

Here is our game plan....

Learn How To Navigate:

- **PREPARE:** Print off the PDF's and put them in your purse for trips to the store
- **SHOP:** Before you head to the store, read through the PDF's and get a good visual for where the food is that you are going to purchase. Try to stick to the periphery of the store as much as possible. Keep this mental map in mind when you head in there. Never go shopping on an empty stomach, it often leads to impulse buying (especially when there are samples available!). Have a snack and hit the stores. Stick to your mapped out route. Pay attention to labeling and marketing and notice how it is intended to draw you into the inner aisles, where the big ticket items live. Disregard the advertising, and feel good about yourself for not falling into that marketing trap!

Source Your Food:

- **PREPARE:** Print off the PDF's and again, put them in your purse for trips to the store
- **SHOP SOME MORE:**
 - Take these lists to the stores and restaurants that you go to. Pay attention to the healthy options out there and the not so healthy options. Become aware of all options. For example, if you go out for seafood then consult the seafood guide and let that be a guide for what you order for your meal.
 - Go look at the egg labels and try to find the best quality eggs. Notice the difference in labeling. It is interesting the language they use on the cartons to lead us to believe that some of the less healthy eggs are actually healthy options, sometimes just because of the color of their shell. Never judge an egg by it's shell :)
 - Grab your shopping lists and try to find the items I listed. This list is just a guide, not a mandatory purchase list. Pick and choose foods from the lists that sound best to you. I made these lists so you will have a variety of food options and can customize it for your tastes.
 - Make yourself familiar with the dirty dozen first. If you can at least keep a mental note of the foods that are filled with the most pesticides then you are off to a great start. Those are the foods that can cause the most harm and that should be avoided. Remember that local is always best as well. If your food comes from a far away land, many of the nutrients will be depleted over time. When available, always try to buy local. Plus, it supports your local farms too!
 - Get your family on board, have them pick their favorites from the shopping lists. Bring kids or grandkids to the store with you and make is a scavenger hunt of sorts. With any new

eating habits, there is always a phase of learning. You will be learning your new route through the store now. Make it fun!

SHARE, LEARN AND ASK QUESTIONS!

- Use our Facebook Group to ask questions and start discussions. This is the beauty of the group, we can all support each other through this food journey. If you have a question that you wish to keep private and do not want to post in the group, feel free to email me at any time. I will get back to you asap, I check my email often.
- Do not be afraid to ask questions, often times there are many who have the same questions as you do and asking the question opens up a great conversation for the entire group!
- Please share your experiences and successes in the group. It is great to hear new discoveries that you are making, as well as, the hurdles that you have overcome.
- Anything goes in the group, ask away! Remember, information shared within the group stays in the group. It is confidential and will not be shared outside of the group!