

## Grocery Store Tour Participant Outline

- **Introduction**
- **Recipe**
  - All forms matter
    - Fresh
    - Frozen
    - Canned
    - Dried
    - 100% juices
- **Recipe Ingredients**
  - **Canned**
    - Rinse tops of cans
    - Drain liquid
    - Buy on sale
  - **Frozen**
    - Less preparation
    - Buy on sale
  - **Fresh**
    - Seasonality
    - Buy on sale
- **Questions and Answers**



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## **Housekeeping**

- A grocery basket or grocery bag is needed for the tour.
- When in the grocery store, walk in a single-file line.
- Please do not block the aisles or wagons so that other customers can shop.
- Because the tour is only 30 minutes, please do not do personal shopping or ask long questions until after the tour.
- Please be aware of your surroundings and be considerate to other shoppers as well as the store employees.

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