

Grocery Store Tour Script

- Action:**
- Know your grocery store layout before participants arrive.
 - Meet participants outside the grocery store in a safe designated area.
 - During the tour, you will direct the participants to the fresh, frozen, and canned aisles.
 - During the tour, you will read a few statements and record the amount of people agreeing with the statement in the boxes below.

READ: Welcome to the Grocery Store Tour!!! I am _____ from _____. This Grocery Store Tour is in collaboration with the University of Hawaii’s Cooperative Extension Service with the Hawaii Food Stamp Nutrition Education Program and the Department of Health.

The purpose of this tour is to provide nutrition education to persons eligible for Food Stamps, while promoting fruits and veggies for better health. Three out of four people in Hawaii do not get recommended amounts of fruits or veggies. Eating plenty of fruits and veggies may help reduce the risk of many diseases.

Before we begin with the tour, let’s go over “housekeeping” guidelines as a courtesy to our grocery store, its workers, and our fellow shoppers.

- Action:**
- Pass out the ½ sheet participant handout.
 - Count the number of participants present and record the number in the box below.

Total Number of Participants

READ: The front of the handout is a brief outline of our tour. On the back of the handout, there are housekeeping rules that we must go through first before entering the store. Let’s go over them together.

- Action:** - Read through the housekeeping rules with the participants.
 - Point out where the bathrooms are (inside or outside of the store).

READ: Are there any questions regarding our handout?
 Now I am going to read four statements. Please raise your hand if you agree with the statement.

Pre-Tour Statements	Number of People Raising Their Hand
1. Fresh, frozen, canned, dried, and 100% juice, are the different forms of fruits and veggies. How many of you agree with this statement?	
2. When fruits and veggies are in season, it means fruits and veggies are fresh, they cost less, and tastes better. How many of you agree with this statement?	
3. I drain the liquid out of all my canned veggies and fruits. How many of you agree with this statement?	
4. I am confident in myself when it comes to shopping for fruits and veggies to make healthy meals that fit into my lifestyle and budget. How many of you agree with this statement?	

READ: Are there any questions before we enter the store? Everyone follow me in a single file line and please pick up a basket as you enter the store.

Action: Pass out ½ sheet recipe handout.

READ: On the front of the handout I just gave you, there is a recipe that we will use as our guide throughout the tour. The recipe is from our “Heritage of Taste for Health” cookbook, which is available for download on the Grocery Store Tour project website which I will give to you at the end of this tour.

Action: Lead the group into the store with the baskets and head towards the canned aisle.

READ: When fresh produce isn't available or is too expensive, canned fruits and veggies are a convenient choice. There is an infinite variety of canned veggies and fruits out there which means there's always something new to try. When buying canned goods, buy what is on sale. Let's look at some of the canned veggies and fruits in this aisle that we could use for today's recipe. Does anyone have suggestions as to what canned veggies we can use for today's recipe?

Action:

- Encourage participants to come up with creative ways to use canned veggies and/or fruits for the recipe on the handout.
- Share more ideas and possibilities with them.
- Point out in particular, canned produce that are on sale and encourage participants to put canned veggies for the recipe in their baskets for purchasing later.

READ: When using fruits and veggies at home, remember that all forms matter. This means fresh, frozen, canned, dried, and 100% juice all count towards eating more fruits and veggies. When we use canned veggies or fruits, we must always remember to drain the liquid out before we use it.

While we are in the canned aisle, are there any other canned ingredients that we can use in our recipe?

Let's move on to frozen aisle. Please remember to move in a single-file line and do not block the aisles from other shoppers.

Action:

- Lead the group towards the frozen aisle in a single-file line.
- If passing other forms of fruits and/or veggies, point them out and repeat that all forms of fruits and veggies matter (fresh, frozen, canned, dried, and 100% juice).

READ: Look at how many different types of frozen veggies there are. Frozen veggies are easy to use in recipes because it is already prepared for you. There's no washing, cutting, or prepping needed. There are a variety of veggie combinations to choose from. When fresh veggies are not in season or not on sale, frozen

veggies are a great alternative. When buying frozen veggies, we should look for what's on sale.

Does anyone have suggestions as to what frozen veggies we can use for today's recipe?

- Action:**
- Encourage participants to come up with creative ways to use frozen veggies for the recipe on the handout.
 - Share more ideas and possibilities with them.
 - Point out any frozen veggies that are on sale and encourage participants to put frozen veggies for the recipe in their baskets for purchasing later.

READ: Are there any other frozen ingredients here that we can use in our recipe? Let's move on to the fresh section in a single-file line.

- Action:**
- Lead the group towards the fresh aisle in a single-file line.
 - If passing other forms of fruits and/or veggies, point them out and repeat that all forms of fruits and veggies matter (fresh, frozen, canned, dried, and 100% juice).

READ: Now we are in the fresh section of the store. How many of you know what seasonality means? Seasonality is usually when produce is in its peak harvest time and most fresh. I'm going to pass out a Buy Fresh Buy Local Seasonality Guide that you can use as a shopping tool for when Hawaii's produce is in season.

Action: Pass out the Buy Fresh Buy Local Seasonality Guide. Go over a couple of the items with the participants.

READ: Usually, when a veggie or fruit is in season, it will go on sale. This is the best time to purchase the produce because it is at its peak as far as taste. Does anyone have suggestions of fresh produce they can add to the recipe?

- Action:**
- Encourage participants to come up with creative ways to use fresh veggies and/or fruits for the recipe on the handout.
 - Share more ideas and possibilities with them.

- Point out any fresh veggies or fruits that are on sale and encourage participants to put fresh veggies or fruits for the recipe in their baskets for purchasing later.

READ: Are there any other ingredients in our recipe that we still need to get?

Action: Lead participants as a group to any remaining ingredients for the recipe.

READ: Before we purchase our own ingredients for today’s recipe, let’s go over some follow up questions. Now I’m going to read a statement, so please raise your hand if you agree with the statement.

Post-Tour Statement	Number of People Raising Their Hand
1. Fresh, frozen, canned, dried, and 100% juice, are the different forms of fruits and veggies. How many of you agree with this statement?	
2. When fruits and veggies are in season, it means fruits and veggies are fresh, they cost less, and tastes better. How many of you agree with this statement?	
3. I drain the liquid out of all my canned veggies and fruits. How many of you agree with this statement?	
4. I am confident in myself when it comes to shopping for fruits and veggies to make healthy meals that fit into my lifestyle and budget. How many of you agree with this statement?	

Action: Record the number of participants raising their hand on the tally sheet.

READ: The last question I have for everyone today is:

Post-Tour Statement	Number of People Raising Their Hand
5. How many of you would be interested in participating in another tour like this about other areas of healthy eating? Please raise your hand if you are interested.	

Action: Record the number of participants raising their hand on the tally sheet.

READ: Are there any further questions regarding today's tour?

Action: Refer to the Tour Guide Toolkit for additional information and FAQ's.

READ: Thank you for participating in the Grocery Store Tour. You may now purchase your own ingredients for today's recipe. For the full downloadable version of the Heritage of Taste for Health cookbook as well as more information on the Grocery Store Tour Project, you can visit

www.ctahr.hawaii.edu/new/GSTP

Grocery Store Tour Tally Sheet

Island: _____ Site: _____

Tour Leader: _____ Date: _____

Total Number of Participants: _____

Pre and Post -Tour Statements	Pre	Post
5. Fresh, frozen, canned, dried, and 100% juice, are the different forms of fruits and veggies. How many of you agree with this statement?		
6. When fruits and veggies are in season, it means fruits and veggies are fresh, they cost less, and tastes better. How many of you agree with this statement?		
7. I drain the liquid out of all my canned veggies and fruits. How many of you agree with this statement?		
8. I am confident in myself when it comes to shopping for fruits and veggies to make healthy meals that fit into my lifestyle and budget. How many of you agree with this statement?		
Additional Post-Tour Statements		Post
9. I am confident in myself when it comes to shopping for fruits and veggies to make healthy meals that fit into my lifestyle and budget. How many of you agree with this statement?		
10. How many of you would be interested in participating in another tour like this about other areas of healthy eating? Please raise your hand if you are interested.		

Please fax tally sheet to (808)956-6457 or mail to:

Grocery Store Tour Project
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