NOURISH GAMES

Supermarket Scavenger Hunt

Get ready, get set, go.

Seven things to find on an ordinary shopping trip. Every one of them is a question about the story of your food, hiding in plain sight on a shelf you walk past every week.

WHO PLAYS

Two or more, in teams or all together. Ages 7 and up. One sheet per team, one pen each.

HOW LONG

As long as the shopping takes. Nothing here asks you to buy anything.

SCORING

Points are marked beside each challenge. Add them up at the end of your store visit.

1 How many varieties of each of these can you find?

1 POINT EACH

APPLES _____

TOMATOES _____

POTATOES _____

MUSHROOMS _____

2 Find two foods carrying a certified organic label.

1 POINT EACH

1 _____

2 _____

3 Find any of these vegetables. Check the ones you find, and write down the farm or company each one came from.

1 POINT EACH

☐ **BROCCOLI**
FARM OR COMPANY _____

☐ **RED BELL PEPPER**
FARM OR COMPANY _____

☐ **KALE**
FARM OR COMPANY _____

4 Find up to three fresh fruits grown in another country.

1 POINT EACH

FRUIT _____
COUNTRY _____

FRUIT _____
COUNTRY _____

FRUIT _____
COUNTRY _____

5 Find a fruit or vegetable that is in season and grown as close to your home as possible.

1 POINT

WHAT IS IT? _____

WHERE WAS IT GROWN? _____

6 Find the breakfast cereal with the most sugar per serving, and the one with the least.

1 POINT EACH

MOST SUGAR
CEREAL _____
GRAMS PER SERVING _____

LEAST SUGAR
CEREAL _____
GRAMS PER SERVING _____

7 Find a canned or packaged food that lists five ingredients or fewer.

1 POINT

PRODUCT _____

THE INGREDIENTS _____

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AFTER THE STORE

What's the story of your food?

The hunt is the excuse. This is the part that sticks. Pick one or two of these on the way home, or at the table when the groceries are put away.

Add up your points. Sixteen are on the sheet if you find everything, which almost nobody does on the first trip. A low score usually means the store is telling you something about what it stocks, and that is worth a conversation of its own.

TOTAL

Where did it come from?

Pick one thing in the bag and follow it backwards. Who grew it, how far did it travel, and how many people handled it before you did?

Why so many apples?

Count the varieties again. Why does a supermarket carry twelve kinds of apple and one kind of oat? Who decides?

What surprised you about the cereal?

Compare the two boxes. Same store, same price, very different sugar. What is the label telling you, and what is it not telling you?

Five ingredients or fifty?

Read the long ingredient list on something else nearby. Which of those words name a food, and which name something added to it?

NOTES, ARGUMENTS, AND THINGS TO LOOK UP

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