





Grocery Store Scavenger Hunt

Search the grocery store for heart-healthy foods
Explore for fruits & veggies, healthy proteins, and whole grains!

Produce

- Blueberries 
- Broccoli 
- Avocados 
- Spinach 

Proteins

- Salmon 
- Tofu 
- Black Beans 

Whole Grains

- Oatmeal 
- Whole Wheat Pasta 
- Brown Rice 

Challenge: How can you add more of these heart-healthy foods into your diet? Try combining your favorites into a super meal!