



BC Centre for Disease Control
An agency of the Provincial Health Services Authority

GROCERY STORE TOUR

Facilitator Prep for In-Class Tour

Food Skills for Families

2026

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Facilitator Prep for an In-Class Grocery Store Tour

Selecting The Tour Format

Decide early on if an in-class tour is the best option for your group.

An in-class grocery store tour is a good option if your group is unable to visit a store in person. You can achieve the same outcomes and learning objectives of Session Five in an in-class setting as you would in a physical store.

Step 1: Decide if an in-class tour is the best choice for your group.

Reasons for not conducting the tour at a grocery store may include:

- Store location (too far away/poor transportation options)
- Accommodate mobility challenges or childcare
- Inclement weather
- Familiarity (a grocery store may not be where your group typically accesses food)

Step 2: Prepare for your in-class tour.

Leading the tour from the comfort of the classroom can be very accessible to you and your group. However, keep in mind that because there is less movement and visuals in the classroom than at a store, the in-class tour will require you to be a little more creative to engage your participants. Rather than having them passively sit and listen, we suggest you:

- Having examples ready (i.e. bring empty bread bags, milk cartons, yogurt tubs, etc.)
- Inviting participants to bring in some labels of their favourite foods.
- **Appendix A** provides examples that can be used, or find other food items on the internet relevant to your group to print off.
- Dividing the classroom up in sections that reflect the grocery store, or local store (i.e. produce on one side of the room and dairy on the other, to create movement in the learning space).

Step 3: Set-up your in-class tour.

If you have decided that the in-class tour is best suited for your group, it is time to set-up!

1. Review and use the [Session 5 – Grocery Store Tour](#) in your Facilitator Guide to lead discussions for the tour.
2. Gather your materials and supplies.
 - a. Keep various food packaging from previous sessions or bring from home.
 - b. Print off food examples and food labels from **Appendix A**.
 - c. Use the **Materials List** as a quick checklist for items you may want on hand to ensure your in-class grocery tour runs smoothly.

Materials List

FROM PREVIOUS SESSIONS

Save packaging from sessions to use during the tour.

<input type="checkbox"/> Cereals: Corn flakes, oats	<input type="checkbox"/> Oils: Canola & Olive Oil
<input type="checkbox"/> Dried red lentils	<input type="checkbox"/> Cheese & Yogurt

PRINT (Appendix A)

Labels for the following items are in Appendix A.

<input type="checkbox"/> Muffins	<input type="checkbox"/> Cheese
<input type="checkbox"/> Breakfast Cereals	<input type="checkbox"/> Yogurt containers
<input type="checkbox"/> Fish, Meat, Poultry & Soy	<input type="checkbox"/> Nuts (Almonds and Cashews)

ADDITIONAL ITEMS YOU MAY WISH TO PRINT OR PURCHASE

- 12 x Different, individual pieces of fruits or vegetables with produce stickers. Ensure there is a mix of items from BC and from outside of BC.
- 2 x Cans of beans
 - 1 x Black beans
 - 1 x Chickpeas
- 3 x Loaves of sliced bread
 - 1 x Loaf- High-fibre (DV of 15% or more), whole grain
 - 1 x Loaf- whole wheat
 - 1 x Loaf - Low fibre (DV of 5% or less), white
- 3 x Milk & Alternatives
 - 1 x Carton Milk (1%)
 - 1 x Carton Soy Beverage (unsweetened + fortified)
 - 1 x Carton Almond Beverage (or Oat
- Items that are culturally or traditionally relevant to your group (i.e. salmonberries, bok choy, elk, Keifer, etc.)

Appendix A: Nutrition Labels

This appendix contains single page handouts of the following products along with their nutritional breakdown and ingredient list for use during the In-Class Grocery Store Tour.

Muffins

- Blueberry Muffin (Save On)
- Raisin Bran Muffin (Farmer's Market)
- Bran Muffin Mix (Quaker)

Breakfast Cereals

- Frosted Flakes
- Fruit Loops
- All-Bran Frosted
- Shredded Wheat

Fish, Meat, Poultry & Soy

- Salmon Fillet, Fresh
- Mackerel, Frozen
- Lean Ground Beef
- Chicken Strips
- Tofu
- Veggie Ground Round

Cheese

- Medium Cheddar Cheese
- Medium Cheddar Cheese, Light
- Mozzarella
- Paneer

Yogurts

- Yogurt, Strawberry Vanilla (2.9% M.F.)
- Greek Yogurt, Plain (0% M.F.)
- Yogurt, Black Cherry (9% M.F.)

Nuts (Pre-packaged & Bulk)

- Natural Sliced Almonds (110g), Pre-Packaged
- Natural Sliced Almonds, Bulk
- Whole Cashews (150g), Pre-Packaged
- Whole Cashews, Bulk

Blueberry Muffin



Ingredients

Enriched wheat flour, Sugars (sugar, dextrose), Blueberries, Soybean oil, Liquid whole egg, Water, Buttermilk (milk ingredients, bacterial culture), Vegetable and modified palm oil margarine (soy), Modified milk ingredients, Baking powder, Salt, Natural and artificial flavour, Mono- and diglycerides, Modified cellulose, Sodium stearoyl-2-lactylate, Xanthan gum, Citric acid, Polyglycerol esters of fatty acids. Contains: Wheat, Eggs, Milk, Soy. May contain: Tree nuts, Sesame.

Nutrition Facts

Serving Size Per 1 Muffin (100 G)

Calories 360

Fat 18g

Saturated Fat 3.5g	% Daily Value*
+ Trans 0g	19 %

Carbohydrate 45g

Fibre 1g	4 %
Sugars 25g	

Protein 5g

Cholesterol 55mg

Sodium 350mg

Calcium	15 %
Iron	2 %

Vitamin A

Vitamin C	8 %
	0 %

Vitamin C

	0 %
	15 % or more is a lot

*5% or less is a little,

15% or more is a lot

Raisin Bran Muffin



NUTRITION FACTS & INGREDIENTS

Serving Size Per 100 g

% Daily Value*	% Daily Value*
Calories 290 cal	Calcium 40 mg 3 %
Fat 9 g 12 %	Iron 2.5 mg 14 %
Saturates 1.5 g	
+ Trans 0.0 g 8 %	
Carbohydrate 49 g	
Sugars 27 g 27 %	
Fiber 7 g 25 %	
Protein 6 g	
Cholesterol 30 mg	
Sodium 300 mg 13 %	
Potassium 350 mg 10 %	

Ingredients

Water, Sugars (brown Sugar, Blackstrap Molasses), Whole Wheat Flour, Wheat Bran, Raisins (contain Cottonseed And / Or Sunflower And / Or Rapeseed Oil), Liquid Whole Egg, Soybean And/or Canola Oil, Liquid Egg-white, Baking Soda, Baking Powder, Artificial Flavour, Xanthan Gum, Soy Lecithin. May Contain: Tree Nuts, Milk, Sesame.

*5% or less is a little, 15% or more is a lot

The values stated are approximate and may not be fully representational of this products vitamins, nutrients and ingredients.

Bran Muffin Mix



NUTRITION FACTS & INGREDIENTS

Serving Size Per 1.0 /2 cup (68 g)

% Daily Value*	% Daily Value*
Calories 270 cal	Calcium 100 mg 8 %
Fat 8 g 11 %	Iron 2.5 mg 14 %
Saturates 1.5 g 8 %	
+ Trans 0.0 g	
Carbohydrate 48 g	
Sugars 23 g 23 %	
Fiber 6 g 21 %	
Protein 6 g	
Cholesterol 5 mg	
Sodium 420 mg 18 %	
Potassium 250 mg 7 %	

*5% or less is a little, 15% or more is a lot

The values stated are approximate and may not be fully representational of this products vitamins, nutrients and ingredients.

Ingredients

Wheat Flour, Sugar, Wheat Bran, Vegetable Oil, Modified Milk Ingredients, Baking Soda, Salt, Modified Corn Starch, Monocalcium Phosphate, Propylene Glycol Esters Of Fatty Acids, Monoglycerides, Sodium Stearoyl-lactate, Caramel, Natural Flavour. Contains: Wheat, Milk may Contain: Egg. Contains Wheat, Milk Ingredients. May Contain Egg Ingredients.

Frosted Flakes

NUTRITION FACTS & INGREDIENTS



Serving Size Per 1.0 cup (38 g)

% Daily Value*	% Daily Value*	
Calories 140 cal		
Fat 0.0 g	0 %	Calcium 0 mg 0 %
Saturates 0.0 g		Iron 5.0 mg 28 %
+ Trans 0.0 g	0 %	Vitamin D 1.5 1/4g 8 %
Carbohydrate 34 g		Thiamine 0.75 mg 63 %
Sugars 14 g	14 %	Riboflavin 0.95 mg 73 %
Fiber 1 g	4 %	Niacin 2.0 mg 13 %
Protein 2 g		Vitamin B6 0.225 mg 13 %
Cholesterol 0 mg		Pantothenate 0.6 mg 12 %
Sodium 180 mg	8 %	
Potassium 40 mg	1 %	

*5% or less is a little, 15% or more is a lot

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Ingredients

Milled Corn, Sugars (sugar, Corn And Barley Malt Extract), Salt, Riboflavin (for Colour), Vitamins And Minerals: Iron, Niacinamide, Thiamine Hydrochloride, Cholecalciferol (vitamin D₃), D-calcium Pantothenate, Pyridoxine Hydrochloride, Folic Acid. Contains: Barley.

Fruit Loops

NUTRITION FACTS & INGREDIENTS

Serving Size Per 1.0 cup (39 g)

% Daily Value*	% Daily Value*	
Calories 150 cal	Calculus 10 mg	1 %
Fat 1.5 g	Iron 5.0 mg	28 %
Saturates 0.5 g	Vitamin D 1.5 1/4g	8 %
+ Trans 0.0 g	Thiamine 0.8 mg	67 %
Carbohydrate 34 g	Niacin 2.25 mg	14 %
Sugars 14 g	Vitamin B6 0.225 mg	13 %
Fiber 3 g	Pantothenate 0.6 mg	12 %
Protein 2 g	Zinc 1.25 mg	11 %
Cholesterol 0 mg		
Sodium 150 mg		
Potassium 50 mg		

*5% or less is a **little**, 15% or more is a **lot**

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Ingredients

Sugars (sugar, Maltodextrin), Whole Grain Corn Flour, Wheat Flour, Whole Grain Oat Flour, Degerminated Corn Flour, Corn Bran, Oat Hull Fibre, Hydrogenated Coconut And Vegetable Oil, Salt, Concentrated Carrot Juice (for Colour), Anthocyanin, Annatto, Turmeric, Natural Flavour, Concentrated Watermelon Juice (for Colour), Concentrated Blueberry Juice (for Colour), Concentrated Huito Juice (for Colour), Stevia Leaf Extract, Vitamins And Minerals: Iron, Niacinamide, Zinc Oxide, Thiamine Hydrochloride, D-calcium Pantothenate, Cholecalciferol (vitamin D₃), Pyridoxine Hydrochloride, Folic Acid. Contains: Wheat, Oats.



All-Bran Frosted

NUTRITION FACTS & INGREDIENTS

Serving Size Per 1.0 cup (44 g)

% Daily Value*	% Daily Value*
Calories 160 cal	
Fat 0.5 g	1 %
Saturates 0.0 g	
+ Trans 0.0 g	0 %
Carbohydrate 38 g	
Sugars 10 g	10 %
Fiber 5 g	18 %
Protein 3 g	
Cholesterol 0 mg	
Sodium 210 mg	9 %
Potassium 175 mg	5 %

*5% or less is a little, 15% or more is a lot

The values stated are approximate and may not be fully representational of this products vitamins, nutrients and ingredients.

Ingredients

Whole Grain Wheat, Sugars (sugar, Blackstrap Molasses, Corn And Barley Malt Extract), Rice, Wheat Bran, Salt. Contains: Wheat, Barley.



Shredded Wheat

NUTRITION FACTS & INGREDIENTS

Serving Size Per 2.0 biscuits (51 g)

% Daily Value*	% Daily Value*	
Calories 180 cal	Calculus 20 mg	2 %
Fat 1.0 g	Iron 1.25 mg	7 %
Saturates 0.2 g	Thiamine 0.1 mg	8 %
+ Trans 0.0 g	Niacin 2.5 mg	16 %
Carbohydrate 42 g	Pantothenate 0.5 mg	10 %
Sugars 0 g	Phosphorus 175.0 mg	14 %
Fiber 7 g	Magnesium 60.0 mg	14 %
Protein 6 g	Zinc 1.25 mg	11 %
Cholesterol 0 mg		
Sodium 0 mg		
Potassium 200 mg		

*5% or less is a little, 15% or more is a lot

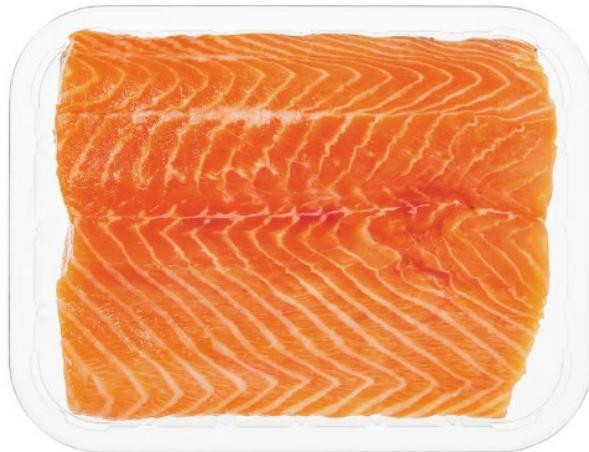
The values stated are approximate and may not be fully representational of this products vitamins, nutrients and ingredients.

Ingredients

Whole Grain Wheat, Bht Is Added To Package Material To Help Maintain Product Freshness. Contains: Wheat.



Salmon Fillet, Fresh



NUTRITION FACTS & INGREDIENTS

Serving Size Per 4.0 oz (113 g)

% Daily Value*	% Daily Value*
Calories 240 cal	
Fat 15 g	23 %
Saturates 3.5 g	
+ Trans 0.0 g	18 %
Monounsaturates 4.5 g	
Polyunsaturates 4.5 g	
Carbohydrate 0 g	
Sugars 0 g	
Fiber 0 g	0 %
Protein 23 g	
Cholesterol 60 mg	
Sodium 65 mg	3 %
Potassium 400 mg	12 %
Calcium	0 %
Iron	2 %
Vitamin C	8 %
Thiamine	20 %
Riboflavin	10 %
Vitamin B6	40 %
Vitamin B12	180 %
Pantothenate	25 %
Phosphorus	25 %
Magnesium	10 %
Zinc	4 %
Selenium	50 %

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Mackerel, Frozen

NUTRITION FACTS & INGREDIENTS

Serving Size Per 0.0 not available (113 g)

% Daily Value*	% Daily Value*
Calories 180 cal	
Fat 9 g	14 %
Saturates 2.5 g	
+ Trans 0.0 g	13 %
Omega-3 Fatty Acids 2000 mg	
Monounsaturates 3.0 g	
Polyunsaturates 2.0 g	
Carbohydrate 0 g	
Sugars 0 g	
Fiber 0 g	0 %
Protein 23 g	
Cholesterol 55 mg	
Sodium 95 mg	4 %
Potassium 450 mg	13 %

Ingredients

Fish (chub Mackerel).



Lean Ground Beef



NUTRITION FACTS & INGREDIENTS

Serving Size Per 3.0 oz (90 g)

Ingredients

% Daily Value*	% Daily Value*	Lean Ground Beef.
Calories 210 cal	Calculus	0 %
Fat 15 g	Iron	10 %
Saturates 6 g	Vitamin K	4 %
+ Trans 0.5 g	Thiamine	8 %
Monounsaturates 7 g	Riboflavin	10 %
Polyunsaturates 0.4 g	Vitamin B6	10 %
Carbohydrate 0 g	Vitamin B12	80 %
Sugars 0 g	Pantothenate	8 %
Fiber 0 g	Phosphorus	15 %
Protein 17 g	Magnesium	6 %
Cholesterol 55 mg	Zinc	40 %
Sodium 55 mg	Selenium	30 %
Potassium 225 mg		

Chicken Strips



Ingredients

Chicken breast, Water, Toasted wheat crumbs, Canola oil, Whole grain wheat flour, Wheat flour, Modified corn starch, Soy protein isolate, Rice starch, Salt, Pea fibre, Sugar, Baking powder, Spices, Spice extracts, Natural flavour. May contain Egg.

Nutrition Facts

Serving Size per 2 strips

Calories 170

Fat 9g

Saturated Fat 1.5g

+ Trans 0g

Carbohydrate 15g

Fibre 1g

Sugars 0g

Protein 8g

Cholesterol 20mg

Sodium 380mg

Potassium 100mg

Calcium 10mg

Iron 1mg

Vitamin A

Vitamin C

% Daily Value*

12 %

8 %

4 %

0 %

17 %

2 %

1 %

6 %

0 %

0 %

*5% or less is a little,

15% or more is a lot

Tofu



Ingredients

Water, Soybeans (non-GMO), Magnesium chloride, Calcium sulphate. Contains: Soy.

Nutrition Facts

Serving Size per 1/4 pack

Calories 130	% Daily Value*
Fat 8g	11 %
Saturated Fat 1g	5 %
+ Trans 0g	
Carbohydrate 3g	
Fibre 0g	0 %
Sugars 1g	1 %
Protein 14g	
Cholesterol 0mg	
Sodium 15mg	0 %
Potassium 150mg	3 %
Calcium 75mg	6 %
Iron 2mg	11 %
Vitamin A	0 %
Vitamin C	0 %

*5% or less is a little,

15% or more is a lot

Veggie Ground Round



Ingredients

Water • Textured soy protein* • Canola oil* • Apple cider vinegar • Dehydrated vegetables (beet, onion, garlic) • Yeast Extract • Tapioca • Sea Salt • Nutritional yeast • Spices. Contains: Soy. May contain: Wheat. *Non-GMO

Nutrition Facts

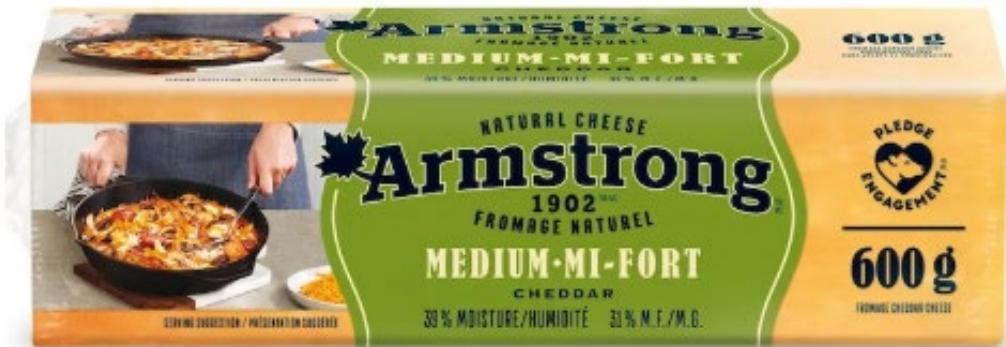
Serving Size per 55 g

Calories 70	% Daily Value*
Fat 2g	3 %
Saturated Fat 0.2g	2 %
+ Trans 0.1g	
Carbohydrate 5g	
Fibre 3g	11 %
Sugars 0g	0 %
Protein 9g	
Cholesterol 0mg	
Sodium 270mg	12 %
Potassium 350mg	7 %
Calcium 50mg	4 %
Iron 1.75mg	10 %

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15% or more is a lot

Medium Cheddar Cheese



NUTRITION FACTS & INGREDIENTS

Serving Size Per 3.0 cm cube (30 g)

% Daily Value*	% Daily Value*
Calories 120 cal	Calcium 225 mg 17 %
Fat 9 g	Iron 0 mg 0 %
Saturates 6 g + Trans 0.3 g	32 %
Carbohydrate 1 g	
Sugars 0 g	0 %
Fiber 0 g	0 %
Protein 7 g	
Cholesterol 30 mg	
Sodium 250 mg	11 %
Potassium 20 mg	1 %

Ingredients

Pasteurized Milk, Modified Milk
Ingredients, Salt, Bacterial Culture,
Calcium Chloride, Microbial Enzyme,
Annatto.

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representational of this products vitamins, nutrients and ingredients.

Medium Cheddar Cheese, Light



NUTRITION FACTS & INGREDIENTS

Serving Size Per 30 g

% Daily Value*	% Daily Value*
Calories 90 cal	Calcium 250 mg 19 %
Fat 5 g	Iron 0.2 mg 1 %
Saturates 3.5 g	
+ Trans 0.2 g	19 %
Carbohydrate 1 g	
Sugars 0 g	0 %
Fiber 0 g	0 %
Protein 9 g	
Cholesterol 20 mg	
Sodium 210 mg	9 %
Potassium 30 mg	1 %

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Ingredients

Pasteurized Partly Skimmed Milk, Modified Milk Ingredients, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme, Annatto.

Pizza Mozzarella, Light



Ingredients

Pasteurized partly skimmed milk, Modified milk ingredients, Salt, Bacterial culture, Calcium chloride, Microbial enzyme.

Nutrition Facts

Serving Size per 3 cm c

Calories 90	% Daily Value*
Fat 5g	7 %
Saturated Fat 3g	16 %
+ Trans 0.2g	
Carbohydrate 1g	
Fibre 0g	0 %
Sugars 0g	0 %
Protein 9g	
Cholesterol 20mg	
Sodium 230mg	10 %
Potassium 20mg	1 %
Calcium 225mg	17 %
Iron 0mg	0 %

*5% or less is a little,

15% or more is a lot

Paneer



NUTRITION FACTS & INGREDIENTS

Serving Size Per 4.0 tbsp (55 g)

% Daily Value*	% Daily Value*
Calories 110 cal	
Fat 8 g	12 %
Saturates 5 g	26 %
+ Trans 0.3 g	
Carbohydrate 2 g	
Sugars 2 g	
Fiber 0 g	0 %
Protein 6 g	
Cholesterol 35 mg	
Sodium 90 mg	4 %
Potassium 0 mg	0 %

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Ingredients

Milk, Whey, Citric Acid.

Yogurt, Strawberry Vanilla (2.9% M.F.)



Ingredients

Skim milk, Ultrafiltered skim milk and/or Milk protein concentrate, Sugars [sugar, caramel and grape juice concentrate (for colour)], Cream, Water, Strawberries, Modified corn starch, Gelatin, Natural flavour, Active probiotic culture (Bifidobacterium lactis CNCM I-2494) and active bacterial cultures, Pectin, Black carrot juice (for colour), Vitamin D3, Malic acid, Sodium citrate, Annatto (for colour), Calcium lactate. Made with vitamin D fortified skim milk.

Nutrition Facts

Serving Size per 1 cont

Calories 90

Fat 2.5g

Saturated Fat 1.5g

+ Trans 0.1g

% Daily Value*

3 %

8 %

Carbohydrate 12g

Fibre 0g

0 %

Sugars 10g

10 %

Protein 4g

Cholesterol 10mg

Sodium 45mg

2 %

Potassium 125mg

3 %

Calcium 125mg

10 %

Iron 0.1mg

1 %

*5% or less is a little,

15% or more is a lot

Greek Yogurt, Plain (0% M.F.)



Ingredients

Skim milk, milk protein, bacterial culture.

Nutrition Facts

Serving Size Per 3/4 cu

Calories 100	% Daily Value*
Fat 0g	0 %
Saturated Fat 0g	0 %
+ Trans 0g	
Carbohydrate 6g	
Fibre 0g	0 %
Sugars 6g	6 %
Protein 17g	
Cholesterol 0mg	
Sodium 65mg	3 %
Potassium 250mg	5 %
Calcium 225mg	17 %
Iron 0mg	0 %

*5% or less is a little,

15% or more is a lot

Yogurt, Black Cherry (9% M.F.)



Ingredients

Whole milk, fruit preparation (sugar, black cherries, water, rice starch, natural flavour, pectin, citric acid), cream, sugar, milk protein, bacterial culture.

Nutrition Facts

Serving Size Per 3/4 cu

Calories 230

Fat 13g

Saturated Fat 8g

+ Trans 0.4g

% Daily Value*

17 %

42 %

Carbohydrate 23g

Fibre 0g

0 %

Sugars 22g

22 %

Protein 5g

Cholesterol 45mg

3 %

Sodium 70mg

5 %

Potassium 225mg

13 %

Calcium 175mg

1 %

Iron 0.1mg

*5% or less is a little,

15% or more is a lot

Natural Sliced Almonds (110g), Pre-packaged



Description

Natural Sliced almonds



Western Family – Natural Sliced
Almonds, 110g

\$5.99

Natural Sliced Almonds, Bulk



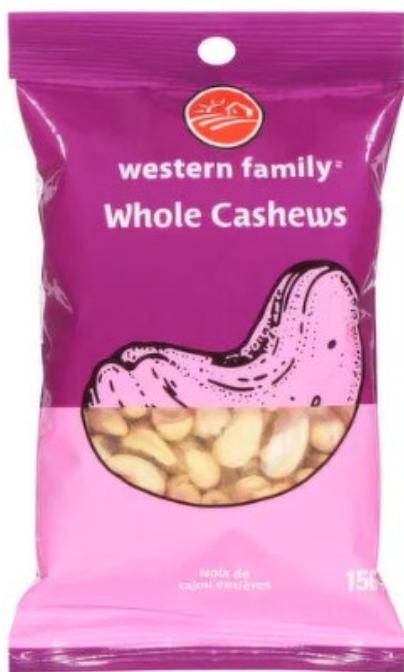
\$3.69/100g



Loose Bulk - Natural Sliced Almonds,
100g

\$3.69/100g

Whole Cashews (150g), Pre-Packaged



Description

1 bag is approximately 1 cup. Recipe ready. Packed in Canada from imported ingredients.



Western Family – Whole Cashews
Sliced Almonds, 150g

\$6.39

Whole Cashews, Bulk



\$4.29/100g



Loose Bulk – Whole Raw Cashews,
100g

\$4.29/100g