

THE STARS 23/2/17

Making grocery shopping with children fun

WATCHING kids while shopping and keeping them from being frustrated is not for the faint-hearted. Here are some ideas to make grocery shopping easier:

1) Opt for e-shopping: Options include Tesco at <http://eshop.tesco.com.my> who guarantee prices are the same as in their bricks and mortar shops and the gourmet Foodworld at foodworld.com.my, both of whom deliver in Klang Valley, Penang and Johor Baru as well as Presto.my that delivers in Klang Valley.

2) Go at quiet times: Supermarkets tend to be least busy just after opening, so if you can head for the supermarket as soon as the shutters go up, you can whip through fairly fast enough and avoid long queues at the till.

3) Involve the kids: Asking kids to get a loaf of bread from the shelf, or to choose the flavour of jam you'll be having for breakfast for the next week can engage and entertain even tots.

Helping choose the vegetables "Carrots or beans?" that go with dinner can be empowering too and make mealtimes easier if you have picky eaters at the table.

4) Play "I spy" games but make it easier by adding a few clues

"I spy a green vegetable that starts with B!" And then be prepared to argue over whether tomatoes are fruit or vegetables.

5) Avoid the battle about buying sweets at the checkout when you are hungry and tired by getting the kids to help you unpack the trolley.

For small tots, try buying a low sugar snack and paying for it first so that it can be eaten while you are dealing with the packing and paying.