We go to the Market







When our cupboard are bare,  and no food in our fridge… 

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We buy groceries. Lots of good food to help our family stay strong and healthy



My mom makes a list. I



I sit happily in my car seat on the way to the store

We get a cart.

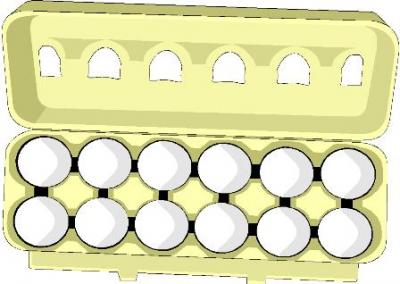
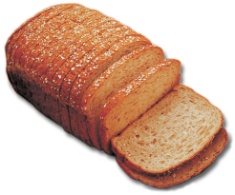
I stay close to mom, so I don’t get lost!

I keep my hands to myself



We buy:

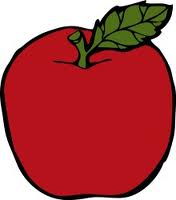
eggs bread milk

VegetablesC:\Users\Owner\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HBO5UFEU\MC900441872[1].wmf 

Fruit 

When we have what we need we head for the check-out counter.

We put all our food on the long black moving counter. They call it the Belt. It moves all by itself.

I am patient while the food is scanned, and my mom pays. 

We walk to the car with our food. I stay close and we watch out for cars.



My mom puts the groceries in the car. I still stay close!



Back in my seat for the ride home. 

We put the food away when we get home.

Shopping is all done.