3D Making what you heard today come to life!

Discovered-write down one thing you discovered today that you didn’t know before you came:

How much salt, sugar, and sodium is in food. And when you buy ingredients with less of these things, it cost less.

Dig-write down one thing from today’s lesson that you really liked and might incorporate into your life:

Changing grocery shopping by myself now.

Ditch-write down one thing about today’s lesson that you didn’t like, don’t care about, or won’t use:

I cared about everything because it could benefit us in a healthy way.

Lesson 7
Good For You Groceries