



TAKE YOUR CHILD TO WORK DAY 2020  
AT HOME EDITION

*ShopRite*®



Hi Kids!

Take Your Child to Work Day is always a fun opportunity for Village to show our littlest customers what your parent/grandparent/guardian does every day when they go to work. However, things look a little different this year while everyone is being told to stay home to protect their health. Your loved one is still going to work because grocery stores are one of the most important businesses that need to stay open so that people can still buy food and other household necessities. They're what we call **essential**. Your family member is needed at their job now more than ever, and this is why they're true **heroes** to not only you, but to so many people. Thank you for sharing them with us. Together we are Helping Families Live Better every day.

Village has decided to bring the tour you would normally take on this day at the store, to your home! This packet has lots of information about the jobs your loved one and their co-workers do each day, along with fun activities on every page!

Let's start with a quick history lesson – we promise, no quizzes!

*Village Super Market founders Nick and Perry Sumas immigrated to the United States from the country of Greece. **Can you find Greece on a map?***

*The brothers started working at a produce stand in South Orange, New Jersey shortly after. They promised to save money and open their own business as soon as they could.*

*In 1937, they opened their first grocery store, Village Super Market, in South Orange, NJ. In the mid-1940s Nick and Perry were among the first small supermarket owners to join the Wakefern cooperative.*

**What is a cooperative?** *It's an organization where different companies work together so that they are all better off.*

*In 1951, all of the stores at Wakefern came together under the name ShopRite. By putting families, associates, customers and communities first, Nick and Perry lived by our purpose: "To care deeply about people, helping them to eat well and be happy."*

*It's from these two men and the pursuit of the American Dream that Village Super Market has grown to where it is today. Village Super Market now operates 30 ShopRite stores across New Jersey, Maryland, and Pennsylvania, and New York. WOW, that is a lot of stores!!*

Enjoy your tour!

# THANK YOU

## #MyVillageHero



Your loved one is a frontline hero now and always!

Draw a picture or write a message to thank them for everything they do!

Don't forget to fill in their name and department on the name badge. Then ask your parent or guardian to take a photo of what you created and share it on Instagram using the hashtag #MyVillageHero and tagging @VillageSuperMarket.

## Produce Department

Our first stop on our virtual journey through the grocery store is the Produce department. You'll find lots of fruits and vegetables to choose from, to keep you strong and healthy. Our produce department takes great pride in providing customers with the freshest products.



**DID YOU KNOW?** Many of the fruits and vegetables in this department are grown locally, meaning they are grown close to the area that you live in.

You know how you're always told not to play with your food? Well now you can! Check out this fun science activity, using lemons and some items you may have around the house!

# Lemon Volcanoes

## Materials

- **Lemons** (2 lemons per volcano)
- **Baking Soda**
- **Liquid Watercolors or Food Coloring**
- **Craft Stick**
- **Dish soap**
- **Tray**
- **Cup & Spoons**

## Instructions



**You can do this experiment using a cored lemon or an open faced lemon or both!**

1. (Adults only) Prep your lemon by slicing the bottom off to make them sit flat. Flip the lemon over and slice out the core. If you are making an open faced volcano, slice the lemon in half.
2. Prepare extra lemon juice by slicing a second lemon in half and juicing it. Pour juice into a cup and set aside.
3. Place your cored lemon on a tray. Use your craft stick to mash the center of the lemon and bring out the juices. Be sure to keep the juice in the lemon!
4. Place a few drops of food coloring or liquid watercolors (do not dilute) in the center of the lemon.
5. Add in a good squeeze of dish soap to the lemon. This is not necessary but causes the bubbles to ooze and froth more and longer.
6. Add a spoonful of baking soda into the lemon. It should start to fizz. Take your craft stick and stir the lemon and lemon juice. It should start foaming really well as you stir it!
7. To keep the reaction going, alternatively add more baking soda, coloring, dish soap and the reserved lemon juice to the reaction. Squeezing the lemon to release the juices also enhances the reaction.

\*Lemon juice contains citric acid, which when mixed with baking soda (sodium bicarbonate) reacts to form carbon dioxide and sodium citrate, which causes the liquid to fizz and bubble.

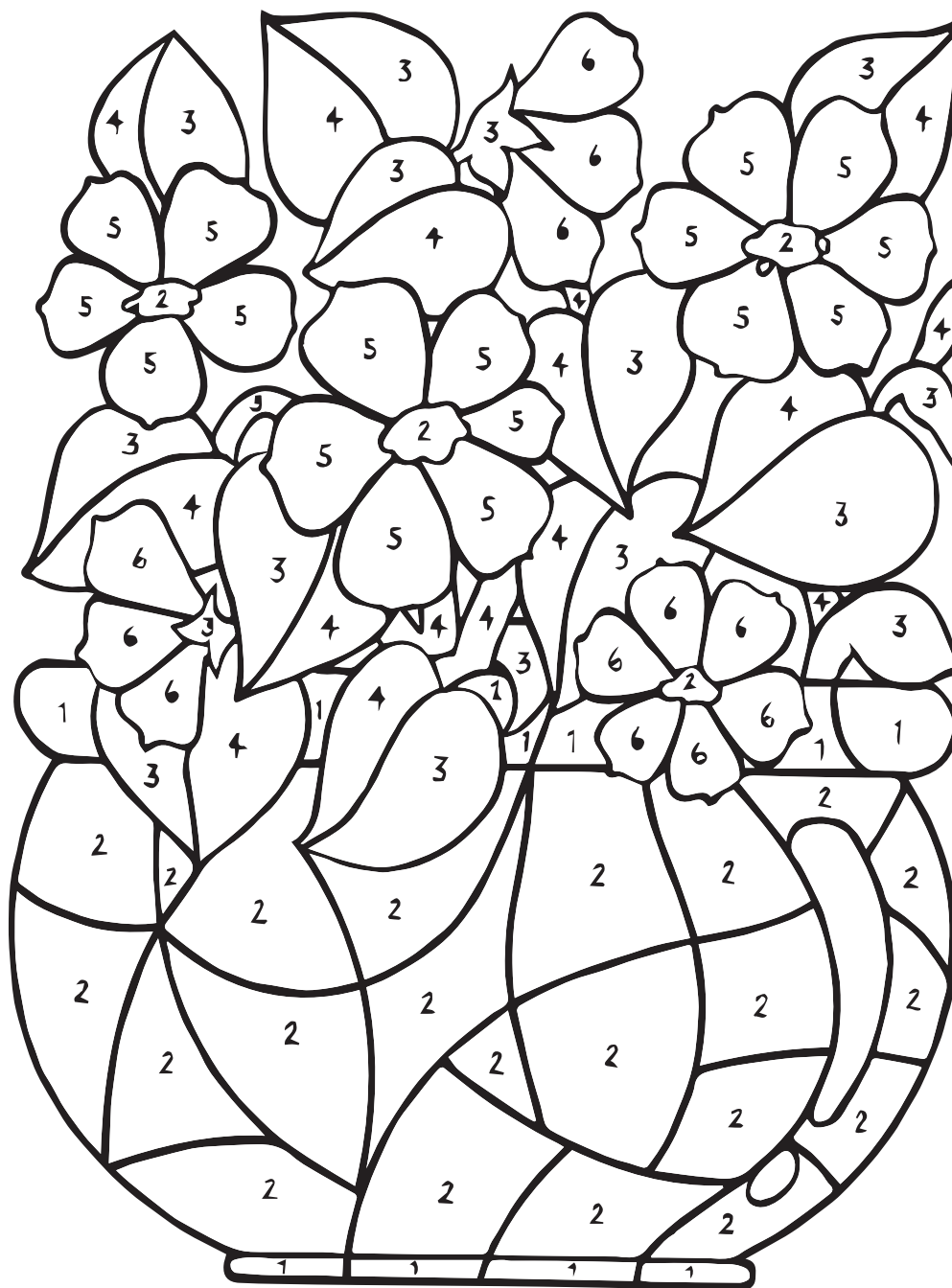
## Floral Department

The Floral Department may be the prettiest department in the store! You'll find lots of fresh flowers and plants that can brighten anyone's day.



**DEPARTMENT EXPERT ALERT!** Our floral Associates create hand-made beautiful bouquets – they are true artists!

Follow the number key and color a beautiful floral arrangement!



1 Red 2 Yellow 3 Light Green 4 Dark Green 5 Blue 6 Purple

## In-Store Dietitian

In-store dietitians are so important to helping our Associates and customers learn to lead healthier lives!



**DID YOU KNOW?** Some of our ShopRite stores have a registered dietitian to help you and your family choose healthy foods.

**DEPARTMENT EXPERT ALERT!** Registered Dietitians are nutrition experts and can help you choose foods that are healthy for your body. Dietitians help people select foods for their specific medical conditions, food allergies and much more! Our dietitians also host kids cooking classes in the store and with local schools, libraries and community groups.

Our dietitians love to teach kids about food options that are better for you, but also still want you to have fun! Try making this dietitian-approved edible slime - remember, ask an adult for help!

## Chocolate Slime

### Materials

- 1/2 cup cornstarch
- 1 tablespoon cocoa powder
- 1/3 cup chocolate milk
- Optional mix-ins: chocolate chips, marshmallows, dried fruits, etc

### Instructions

1. Whisk together cornstarch and cocoa powder in a mixing bowl.
2. Heat chocolate milk in microwave-safe container for 20 seconds, or until warmed.
3. Pour warm milk into cornstarch mixture, and stir until slime is formed.
4. Add mix-ins if using.

### Tips:

If slime becomes too dry, heat in microwave for 10 seconds. Store in a resealable container in the refrigerator. Discard after 2-3 uses.





## Bakery Department

Yum! I'm sure you're familiar with the Bakery department, where you'll find lots of delicious treats!



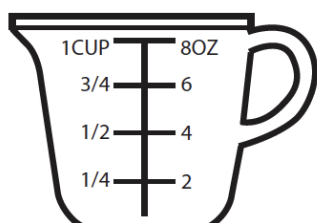
**DID YOU KNOW?** Our ShopRite stores make fresh baked goods every day!

**DEPARTMENT EXPERT ALERT!** ShopRite bakeries have trained cake decorators, who design works of art out of cake and frosting for a variety of special occasions. Cake design involves accurate measuring, mixing, and baking, as well as embellishing cakes with frosting and decorations.

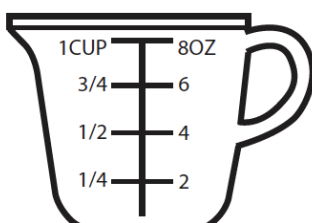
Bakers must use exact measurements to make sure their recipes turn out exactly the way they want. They use two different sets of measuring cups – one for dry ingredients like flour and sugar and one for wet ingredients like milk and oil. Below are examples of liquid (or wet) measuring cups. You can measure liquid ingredients by cups or ounces. Challenge yourself and see if you can find the correct measurements!

### MEASURING CUPS

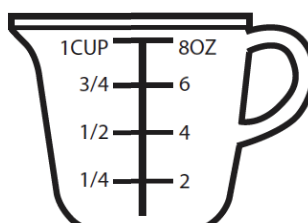
Color the measuring cup up to the indicated amount.



1/2 CUP

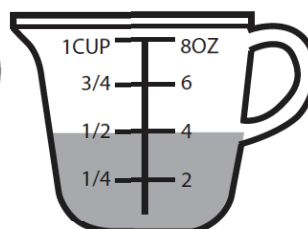
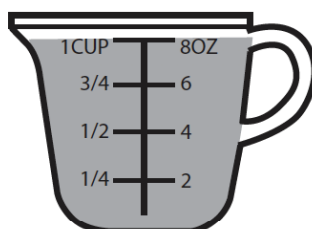
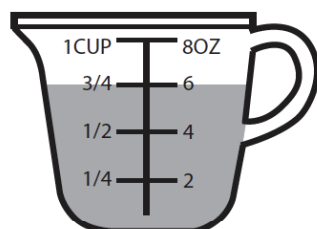


2 OZ.



3/4 CUP

Write down the measurement of each measuring cup in cups and liquid ounces.




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Using the measuring cups above convert the following:

3/4 CUP = \_\_\_\_\_ OZ.      8 OZ. = \_\_\_\_\_ CUPS

1 CUP = \_\_\_\_\_ OZ.      2 OZ. = \_\_\_\_\_ CUPS

1/4 CUP = \_\_\_\_\_ OZ.      4 OZ. = \_\_\_\_\_ CUPS

## Food Service/Deli Department

The Deli is where you can find your lunch meat and cheese for your tasty sandwiches. When you're shopping, you may notice customers waiting at the deli counter for their freshly cut meats and cheeses.



The Food Service department has lots of foods that our in-store chefs make, like soup, sushi, fried chicken and more!

**DEPARTMENT EXPERT ALERT!** Village ShopRites have trained and highly skilled chefs who work in our Food Service department. They make lots of different kinds of delicious foods that are prepared and ready to be eaten, so you don't have to go home and cook! Some of our chefs also teach cooking classes!

Using this handy sandwich builder, choose what you'd like on your perfect sandwich and draw a picture of what it would look like. Then, have an adult help you in the kitchen to create it for real!

# My Own Sandwich

## Choose a Grain

- |                                       |                                   |   |
|---------------------------------------|-----------------------------------|---|
| <input type="checkbox"/> Pita pockets | <input type="checkbox"/> Bread    | <input type="checkbox"/> English muffin |
| <input type="checkbox"/> Bagels       | <input type="checkbox"/> Rolls    | <input type="checkbox"/> Muffins        |
| <input type="checkbox"/> Wraps        | <input type="checkbox"/> Baguette | <input type="checkbox"/> French Bread   |
| <input type="checkbox"/> Tortilla's   | <input type="checkbox"/> Panini   |   |



## Choose a Spread

- |  |  |                                    |
|--|--|------------------------------------|
| <input type="checkbox"/> Peanut Butter | <input type="checkbox"/> Hummus              | <input type="checkbox"/> Guacamole |
| <input type="checkbox"/> Almond Butter | <input type="checkbox"/> Cream Cheese        | <input type="checkbox"/> Mustard   |
| <input type="checkbox"/> Sunbutter     | <input type="checkbox"/> Pesto               | <input type="checkbox"/> Dressing  |
| <input type="checkbox"/> Sesame Butter | <input type="checkbox"/> Laughing Cow Cheese |                                    |



## Choose a Vegetable

- |                                    |                                       |                                      |
|------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Carrots   | <input type="checkbox"/> Olives       | <input type="checkbox"/> Sprouts     |
| <input type="checkbox"/> Lettuce   | <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Salsa       |
| <input type="checkbox"/> Spinach   | <input type="checkbox"/> Onions       | <input type="checkbox"/> Broccoli    |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Cabbage      | <input type="checkbox"/> Cauliflower |



## Choose a Fruit or Protein

- |                                 |                                     |                                 |
|---------------------------------|-------------------------------------|---------------------------------|
| <input type="checkbox"/> Apple  | <input type="checkbox"/> Fruit Jam  | <input type="checkbox"/> Meat   |
| <input type="checkbox"/> Orange | <input type="checkbox"/> Applesauce | <input type="checkbox"/> Eggs   |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Tomatoes   | <input type="checkbox"/> Cheese |
| <input type="checkbox"/> Pear   | <input type="checkbox"/> Raisins    | <input type="checkbox"/> Tuna   |



Draw a picture of your sandwich below:



## Meat Department

Our next stop is the Meat department, where you'll find a lot of the protein you need for a strong body.

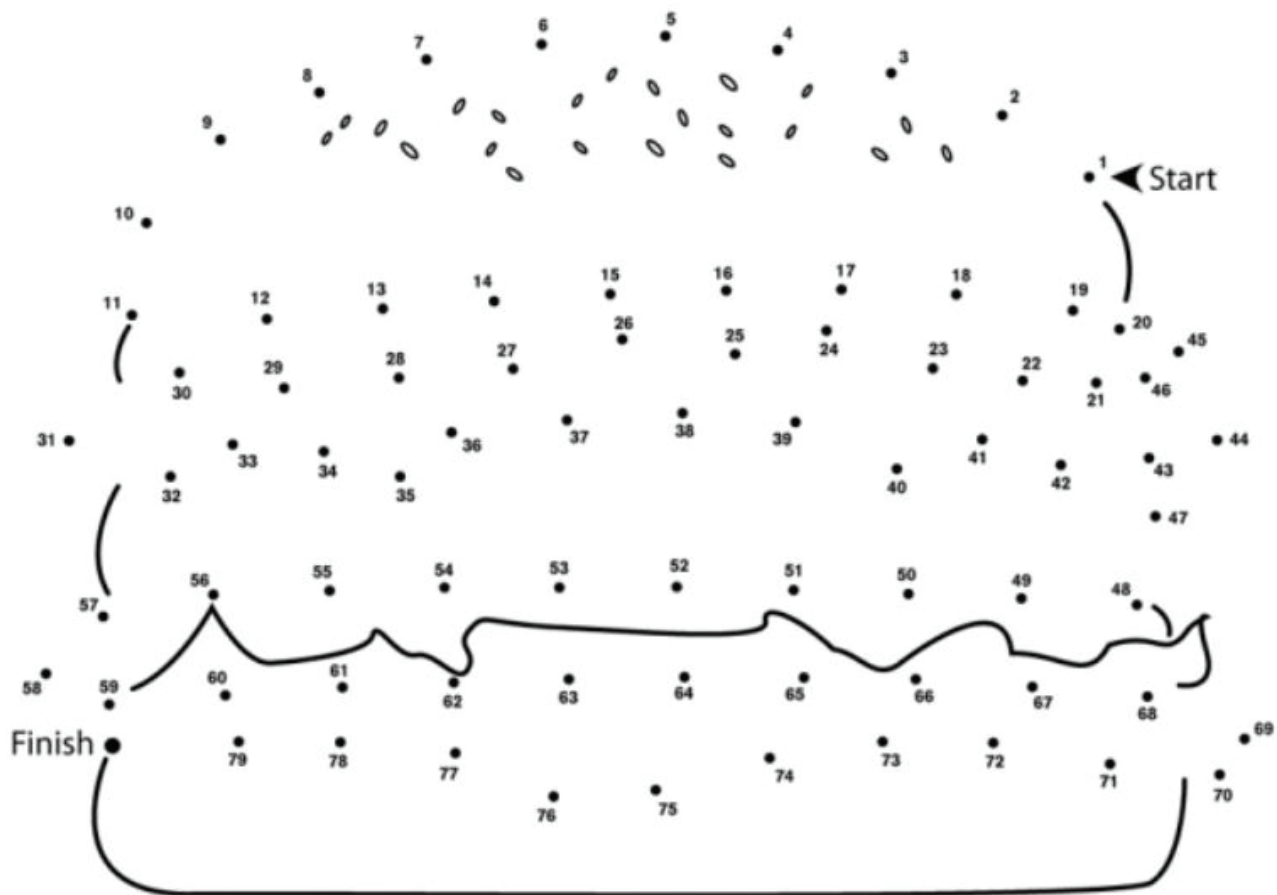
**DID YOU KNOW?** The meat department grinds fresh ground beef every day for your burgers and meatballs!



**DEPARTMENT EXPERT ALERT!** Meat departments have Associates called butchers. They are trained to know the parts of animals that can be eaten - or different "cuts" of meat. They're skilled in preparing meat such as beef, poultry, pork and lamb for customers. If you want to make a certain recipe and don't know what cut of meat to use, ask your butcher!

## Connect The Dots

Make sure you follow the numbers to complete the picture of a delicious food that comes from the Meat Department!



## Seafood Department

We're sure you've stopped at a Seafood department in the store to check out the lobster tank! But here are some cool facts you may not have known;



**DID YOU KNOW?** Village ShopRite gets fresh fish delivered to their stores every day!

**DEPARTMENT EXPERT ALERT!** Seafood departments have Associates who are FISHMONGERS. Funny word, right? A Fishmonger is a trained specialist who knows the different types of fish, characteristics, and how to prepare and cook it. If you don't know what kind of fish to buy, or what to do with it after you bring it home, ask the Fishmonger!

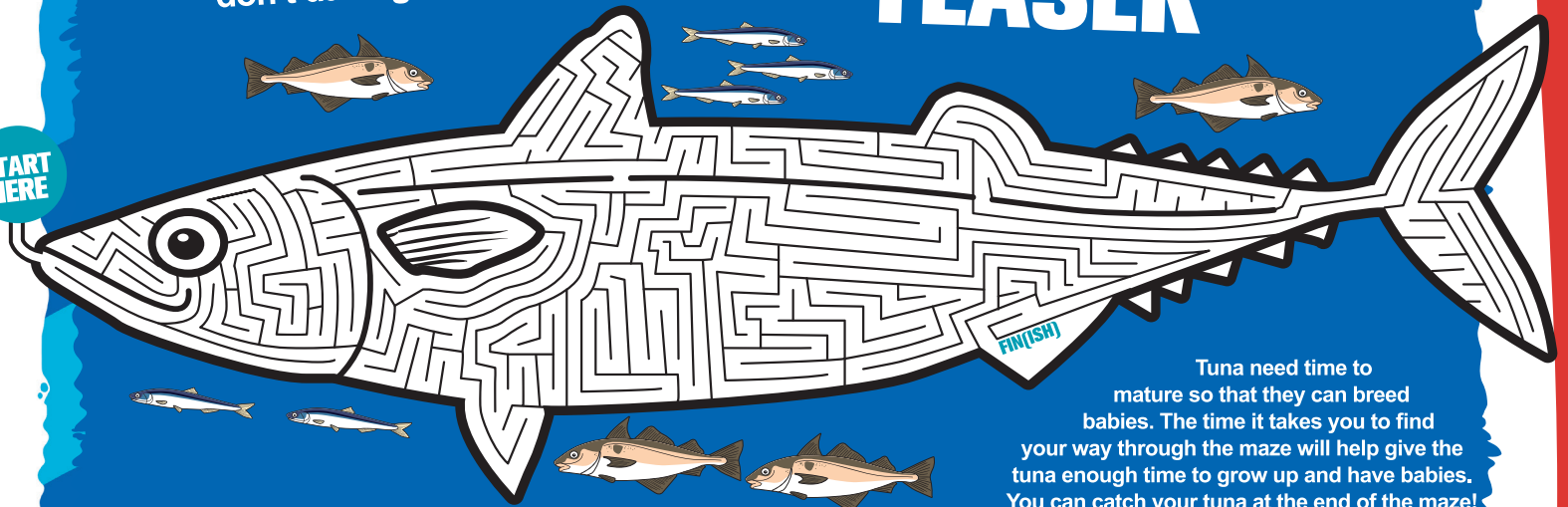
Read about seafood sustainability and try out the crazy maze below!

# WHY SUSTAINABLE?

Sustainable fishing is about looking after our oceans and creatures that live in them. It means that the fishermen leave enough fish in the sea to breed future generations. They also use fishing methods which don't damage the environment.

## THE TUNA TEASER

START  
HERE



Tuna need time to mature so that they can breed babies. The time it takes you to find your way through the maze will help give the tuna enough time to grow up and have babies. You can catch your tuna at the end of the maze!



## Grocery/Non-Foods/Health & Beauty Aids (HABA) Departments

In the Grocery department you'll find canned fruits and vegetables, beans, pasta, rice and a lot more! These are called "non-perishables" because they can be stored for a long time, compared to fresh food.

Grocery stores also sell non-food products like holiday decorations, candles, cleaners and detergents.

Did you run out of soap? You can find that, along with shampoo, toothpaste and baby diapers in the Health & Beauty aisles!

The Associates that work in these departments work hard to keep the shelves stocked and organized.

**DID YOU KNOW?** These departments are found in the center of the store.

You can make lots of crafts at home with recycled food containers found in the Grocery department. Try making your own pencil holder out of a water bottle with the instructions below. It will be a great addition to your at-home school space.

## Homemade Pencil Holder

### Instructions

1. Take the label off of a water bottle (or use any empty plastic bottle that you have in the recycling bin). Clean the bottle with soap and water and dry it off.
2. Cut the top off of the water bottle with scissors or a knife (have an adult cut it or help you with it!). Trim the cut part with scissors to make it as even and smooth as possible.
3. Use washable paint, colored duct tape, stickers or anything else you can find to decorate your bottle.
4. When the bottle is completely dry, place your pencils in and you're done!



## Bonus Project:

Do you have a little brother or sister? Make some fun with toilet paper rolls! Simply dip the end of empty cardboard rolls into paint and "stamp" them onto a piece of paper to make different color circles!

## Dairy/Frozen Department

Brrr! Next stop is the Dairy/Frozen department, where everything needs to be kept COLD!  
Our Dairy and Frozen Associates work quickly to make sure these cold items are put in the coolers and freezers before anything melts!



**DID YOU KNOW?** The Dairy department is made up of items in the dairy food group, like milk, yogurt and cheese. And did you also know that frozen vegetables tend to have more vitamin C than fresh vegetables? Eat up!

Find these Dairy related words in the word search!

### Chef Solus Dairy Group Word Search Puzzle



R	M	Y	H	T	L	A	E	H
T	V	C	S	B	N	G	S	D
N	J	A	N	V	U	E	E	M
K	E	L	I	K	T	G	E	Q
C	C	C	M	T	R	N	H	E
A	N	I	A	E	I	I	C	S
G	A	U	T	E	T	D	K	P
F	L	M	I	T	I	D	L	W
P	A	U	V	H	O	U	I	B
M	B	Q	V	T	U	P	M	T
B	O	N	E	S	S	E	B	G

MILK  
PUDDING  
CALCIUM  
CHEESE  
NUTRITIOUS  
BALANCE  
HEALTHY  
TEETH  
BONES  
VITAMINS



## Check Out

Head on to your last stop at the grocery store to empty your cart and pay for your goodies!

**DID YOU KNOW?** The place where you find the checkout lanes and customer service desk is called the “Front of Store” or “Front End.”

**DEPARTMENT EXPERT ALERT!** Cashiers at the checkout need to be quick with their math skills when counting change from a purchase. They also need to know all the fruits and vegetables that we sell. They need to put in a special code to identify many of these items at checkout!

Test your math skills with this fun money activity! Next to each item is the amount of money you need to buy the item. Count the coins and write how much each item costs. Can you identify which vegetables are listed?



\_\_\_\_\_ ¢



\_\_\_\_\_ ¢



\_\_\_\_\_ ¢



\_\_\_\_\_ ¢



\_\_\_\_\_ ¢





Thanks for going on our virtual grocery store adventure!

Are you in need of a break now? We encourage our associates to do some special exercises during their break time, to “recharge their batteries!” Here are a few you can do at home. Try it alone or with your parent/guardian, brother, sister, friend or relative!

## Practicing Mindfulness

Mindfulness is the practice of noticing how your mind and body are reacting to what is happening to you right now. We call that “being present in the moment.” When you notice what is happening around you, it can help you to calm down when you’re sad, angry or frustrated. Mindfulness helps you work through tough emotions, and mindfulness can make you feel grateful for the times you are happy and feel good. Take a few moments to try one of these exercises to practice mindfulness.

### Breathing Technique

- Sit in a comfortable spot
- Close your eyes
- As you breathe in imagine ocean waves crashing onto the shore. As you breathe out imagine the waves going back to the ocean.

### Mindful Listening

- Sit in a comfortable spot
- Close your eyes
- Try to focus only on what you hear. Take time to notice all the different sounds. Notice where the sounds might be coming from and what they might be.

### Sending Positive Thoughts

- Sit in a comfortable spot
- Close your eyes
- Picture someone you want to send a positive thought to. Think about the positive thought. Imagine sending that thought to that person.

### Affirmation Meditation

- Think of a short word or phrase that makes you feel happy
- Close your eyes and try to keep your breathing steady
- Repeat the phrase over and over for a few moments
- Some examples: I am smart, or I am happy, or I am strong







## Stretch your Body and Mind with Yoga

Another way to practice mindfulness is through yoga. Yoga is a form of exercise which is about 5,000 years old, originating in India. Yoga poses involve a combination of stretching, breathing and mental relaxation (meditation).

Get stretching and try out these poses for a nice break in your day.

# GARDEN YOGA FOR KIDS



### Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



### Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



### Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



### Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



### Pretend to be a flower

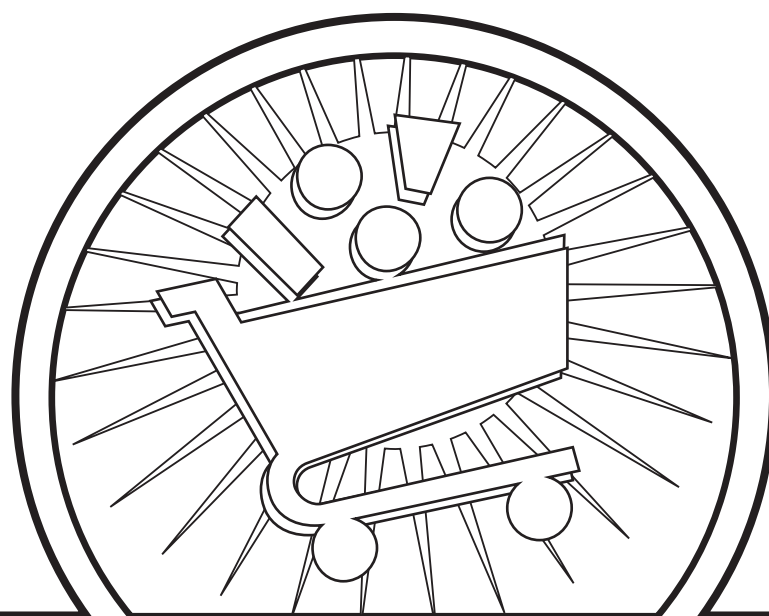
Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



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**Color your very own ShopRite logo!**



Welcome to the Village Family and thank you for joining us!