

NEMS Shopping List

The following items are recommended to get for a training to highlight the items and information that NEMS raters will be looking for at stores and to explain nutrition label reading. Don't stress too much if you aren't able to get all of the items. Just get creative!

Recommended Items

1. Muffins (regular and jumbo)

Be sure to get ones that have nutrition labels. Get both regular size and jumbo. They are very good examples to use in highlighting the differences in calories, fat, sugar and portion size.

2. 100% Minute Maid juice and a Minute Maid juice drink

If you aren't able to find Minute Maid, buy a 100% juice and a juice drink of the same brand. These are helpful to highlight the differences in calories, sugar and ingredients.

3. Bread (100% Whole Wheat and regular bread with refined flour)

Be sure to get the same brand of bread if possible to have a comparison pair. The bread loaves are useful in highlighting the differences in dietary fiber, ingredients, calories, fat and sugar.

4. Baked Lays Potato Chips and regular Lays Potato Chips

Unless you have chips in your home, look for the cheapest and smallest bags of Lays baked and regular chips. The chips are useful in highlighting the differences in calories, fat and size of each bag.

You can certainly get additional food items listed on the store measurement form by looking at what you have in your pantry and also at your workplace (discarded frozen dinner boxes or coke/diet coke cans, cereal boxes, etc.) for your training but it isn't necessary.