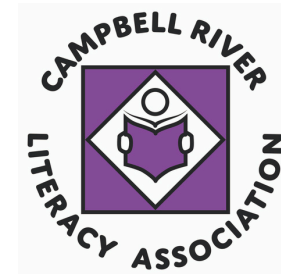





MAKE MEALTIME FAMILY LEARNING TIME FAMILY LITERACY WEEK 2026 CAMPBELL RIVER



*A Family Grocery Store Scavenger Hunt Ages 2-12
Outside Ring of any Grocery Store*

 How to Use This Booklet

- One grown-up reads the rhyming clues
 - Kids help find, count, and choose
- Families talk, draw, or write together
 - There are no wrong answers
-  Drawing counts as writing!

Decoda
Literacy Solutions

My Name: _____
Shopping With: _____
Email or Phone: _____


CAMPBELL RIVER
School District 72

Produce – Colour Hunt

“I’m round or long, red or green,
I help you grow big, strong, and keen.
Find a fruit or veggie—any will do.
What colour did you choose?”

Colour: _____

Country grown in: _____

Produce – Counting for Our Meal

“Count with me and take your time,
Find fruits or veggies—three is the number
this time!”

How many did you count? ① ② ③

If each costs \$1, total = \$_____

1

Bakery – Shapes on Our Plate

““Warm and baked and ready to share,
Find something shaped just right in there.”

○ Round □ Square ▬ Long

Draw a picture of the shape you found:



Parent Prompts

“Why do you think different colours are
good for our bodies?”
“If each apple costs \$1 how much would a
half dozen cost?”
“Can you count them out loud?”
“What shape do you think would be easier
to share?”

*There are no right answers, talking and being
together is the most important teaching you
can do.*

Bakery – Measuring Our Food

“Some are light and some weigh more,
Look for numbers on the bread in store.”

Weight says: ____ g / kg

More or less than 1 kg? _____

Dairy – Strong Bones Learning

“Cold and creamy, kept just right,
This food helps bones grow strong with might.
Open the door where cold foods stay—
What dairy choice will you pick today?”

- Dairy food found: _____
- Eat or drink? _____
- One way this helps our body:

2

Dairy – Size Comparison

“Tall or short, big or small,
Find two dairy foods and compare them all.
Which will last for a meal or more?
Check the numbers, then explore!”

Dairy Food A: _____

Volume: ____ L Price: \$_____

Dairy Food B: _____

Volume: ____ L Price: \$_____

Best choice for our family: _____

Parent Tip – Price per Volume

Look at the price and the size (litres,
millilitres, grams, kilograms).

Divide the price by the size to see how
much one litre or kilogram costs.

Compare two products: the smaller number
usually means better value.

Ask your child: “If we bought more, would it
cost more or less?”



Meat – Protein Power

“This food helps muscles jump and play,
Pick a protein for our meal today.
Look around and take your pick,
Which one will do the trick?”

Protein type: _____

What animal does this come from? _____

One meal we could make: _____



Meat – Metric Math

“Look close and see the weight,
Compare numbers—don’t be late!
Heavy or light, big or small,
Which is best to buy for all?”

Package weight: _____ g / kg

Price: \$_____g/kg

Best for our family: _____

3



Deli – Choosing Together

“Sliced or scooped just how we say,
Pick a deli food today.
Small or large, what do we need?
Choose the right one—help us feed!”

Deli food chosen: _____

Amount (g): _____

Why this amount works for our family:



Parent Tip – Protein Without Meat

Protein is important for strong muscles.
You don’t need to eat meat to get protein.

Other foods with protein are: eggs, milk,
cheese, yogurt, beans, lentils, tofu, nuts, and
seeds.

Ask your child: “Which of these could we eat
instead of meat?”

You can mix foods, like beans + rice, to make
a strong protein meal.



Wrap-Up – Learning Beyond the Store

“We shopped, we counted, learned and chose,

Thanks for helping, now everyone knows!

Pick one food you helped select,

Write or draw—what did you expect?”

- Favourite food: _____
- One thing we learned: _____
- One way we'll help at home: _____

Family Name: _____

Contact Number: _____



SNAP A PHOTO OF THIS PAGE AND EMAIL TO : info@literacyforall.ca
THIS WILL ENTER YOU IN THE DRAW FOR ONE OF TWO \$100 GROCERY GIFT
CERTIFICATE



Facebook



Instagram



POST A PICTURE OF YOUR FAMILY DOING THE SCAVENGER HUNT ON OUR SOCIAL
MEDIA AND BE ENTERED IN THE DRAW FOR ONE OF TWO \$50 GROCERY GIFT
CERTIFICATES

Building the Conversation Tips

#	Toddlers	Early Elementary	Later Elementary	Parent Conversation Tips
1. Produce – Colour Hunt	Name the colour. Crunchy or soft?	Why do different colours help our bodies? If 1 <u>costs</u> \$1, how much for 3?	What vitamins or minerals does this colour give? Guess the country it grew in.	Encourage children to explore textures and colours. Ask, “Why do fruits and veggies come in so many colours?”
2. Produce – Counting	Count 1–3 aloud. Point to each.	If each <u>costs</u> \$2, what is the total?	If we bought 6 instead of 3, how much would that cost? How many meals could it feed?	Use counting to teach early addition and money skills. Ask, “Which number do we need for our meal?”
3. Bakery – Shapes	Name the shape: round, square, long.	How could we share this at mealtime?	Which shape slices most evenly? Which is the best value?	Talk about geometric shapes in real life. Encourage hands-on comparisons.
4. Bakery – Measuring	Is it heavy or light?	Does it say g or kg? Which is bigger?	Which would last for more meals? Which is the better value?	Introduce metric measurements with real examples. Compare packaging sizes and discuss planning for meals.
5. Dairy – Strong Bones	Eat or drink? Smooth or thick?	How does this help our bones and teeth?	What other foods provide similar nutrients?	Ask open-ended questions: “Why do we keep dairy cold?” Compare textures and servings.
6. Dairy – Size Comparison	Which is taller? Which is shorter?	Which has more litres? If 1 L costs \$2, which is cheaper?	Would buying a bigger size save money over time?	Discuss cost per volume and plan for weekly meals. Encourage children to weigh options.
7. Meat – Protein Power	What animal does this come from?	What meal could we make with this?	How many meals could this amount make for our family?	Talk about protein benefits for muscles. Encourage children to think about meal planning.
8. Meat – Metric Math	Which is bigger?	Which is heavier: 500 g or 1 kg?	If 1 kg costs \$12, what does 500 g cost? Which is the better deal?	Teach simple metric conversions and compare prices. Encourage kids to calculate cost per weight.
9. Deli – Choosing	Little or a lot?	If it costs \$2 per 100 g, how much is 200 g?	How do we avoid buying too much and wasting food?	Discuss portion sizes and preventing waste. Talk about budgeting for meals.
10. Wrap-Up	Which food did you pick?	What did you learn about shopping?	What would you do differently next time? How can we plan meals better?	Reflect on the shopping experience. Ask children for ideas on helping at home and learning from choices.



FREE EVENTS SUCH AS THESE WOULD NOT BE POSSIBLE WITHOUT THE SUPPORT OF OUR COMMUNITY PARTNERS!



**THANK YOU FOR
SUPPORTING FAMILY
LITERACY WEEK!**



SCHEDULE OF EVENTS

FAMILY LITERACY WEEK 2026

CAMPBELL RIVER



MAKE MEALTIME FAMILY LEARNING TIME

SATURDAY
JAN 24
5:00-8:00PM

**MARITIME HERITAGE CENTRE
AFTER DARK
A NIGHT AT THE MHC**

When the lights go out, curiosity wakes up... Grab your flashlight and explore the Maritime Heritage Centre after dark at Night at the MHC. Follow a special scavenger hunt, get creative with hands-on crafts, enjoy storytelling, and pick up a few new skills along the way.

SUNDAY
JAN 25
1:00-3:00

**FREE COMMUNITY SWIM
AT
STRATHCONA GARDENS**

Celebrate the start of Family Literacy Week with us at Strathcona Gardens with a FREE community swim. This is an all ages event and sponsored by the Campbell River Literacy Association.

TUESDAY
JAN 27
ALL DAY

**ROTARIANS READ IN
SD 72 ELEMENTARY
CLASSROOMS**

Thank you to the Rotary Daybreak and Noon Hour clubs for supporting Family Literacy Week by reading in Campbell River School District elementary classrooms and for their donation of new books for school libraries.

TUESDAY
JAN 27
1:00-2:00

**FREE COMMUNITY
SHOW
TIDEMARK THEATRE**

**TICKETS
250-287-
PINK
TICKETS**

Celebrate Family Literacy Day with an afternoon of stories, songs at the Tidemark Theatre. Join Western Canadian Music Award winning artist Kym Gouchie for a joyful, interactive performance that brings literacy, culture, and creativity together for the whole family.

THURSDAY
JAN 29
2:00-3:30 PM

**FAMILY LEARNING
TEA PARTY
VI REGIONAL LIBRARY**

Join us for a Family Tea Party with story time corner, early learning information and tips on how we can use mealtimes as learning times together. Snacks and tea provided.

TUES - FRI
JAN 27-30
12:00-5:00 PM

**FREE FAMILY ADMISSION
MUSEUM AT CAMPBELL
RIVER**

The Museum at Campbell River supports Family Literacy Week by providing free family admission during regular hours from Tuesday to Friday of Family Literacy Week. All ages welcome.

SAT - SAT
JAN 23-FEB 7
ALL DAY

**GROCERY STORE (ANY)
FAMILY LITERACY WEEK
SCAVENGER HUNT**

download www.literacyforall.ca

Join us for our annual scavenger hunt in celebration of Family Literacy Week. This year's hunt will be held in local grocery stores and is designed for ages 2-12 years, but fun for any age. Scavenger hunt will be for two weeks and achievable in any grocery store.

Jan 26-29
**After
School**

**Free Afterschool Programs at
the Sportsplex!**

Monday, January 26th - Tween Club (Gr 4-6)
Tuesday, January 27th - Mad Scientists (Gr K-5)
Wednesday, January 28th - Kids in the Kitchen (Gr K-5)
Thursday, January 29th - Mystery Thursday (Gr K-5)
Contact the Sportsplex to Register

