

PLANT PROTEIN SCAVENGER HUNT

While most items in a grocery store are conveniently grouped together by category, plant proteins are found in many different places throughout a store! Go on a plant protein scavenger hunt to answer the questions below the next time you're at the grocery store. Write as many answers as you can.



Tofu is typically found in the fresh produce section.

Circle the types you can find: **SILKEN** **REGULAR** **FIRM** **EXTRA FIRM** **SUPER FIRM**



Edamame is typically found in the freezer section in two ways: shelled or in the pod. Find a bag of either kind and **write down one thing you found interesting from anywhere on the packaging:**

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What are 3 varieties of beans you can find both dried **AND** canned?

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What color(s) of lentils can you find?

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Nuts and seeds can typically be found in both the cooking & baking section *and* the snack section.

How many of these nuts and seeds can you find?

NUTS

- Almonds
- Brazil Nuts
- Cashews
- Peanuts
- Pecans
- Pistachios
- Walnuts

SEEDS

- Chia Seeds
- Flax Seeds - Whole
- Flax Seeds - Ground
- Hemp Seeds
- Hemp Hearts
- Pepitas (Pumpkin Seeds)
- Sunflower Seeds



Nut and seed **butters**, on the other hand, are found in the condiment section.

Sunflower seed butter is a common substitute for peanut butter when nut allergies are a concern.

Can you find it? Yes No

Tahini is sesame seed butter and a very common ingredient in hummus recipes.

Can you find it? Yes No

Other than peanut butter, **what is another kind of nut butter you can find?**

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