

Mother: Let's go to the grocery store.
Seema: All right, mummy.

(Seema and her mother go to the grocery store.)

(Mother picks up vegetables, cookies, fruit and milk.)

Seema: Mamma, may I get ice cream, please?

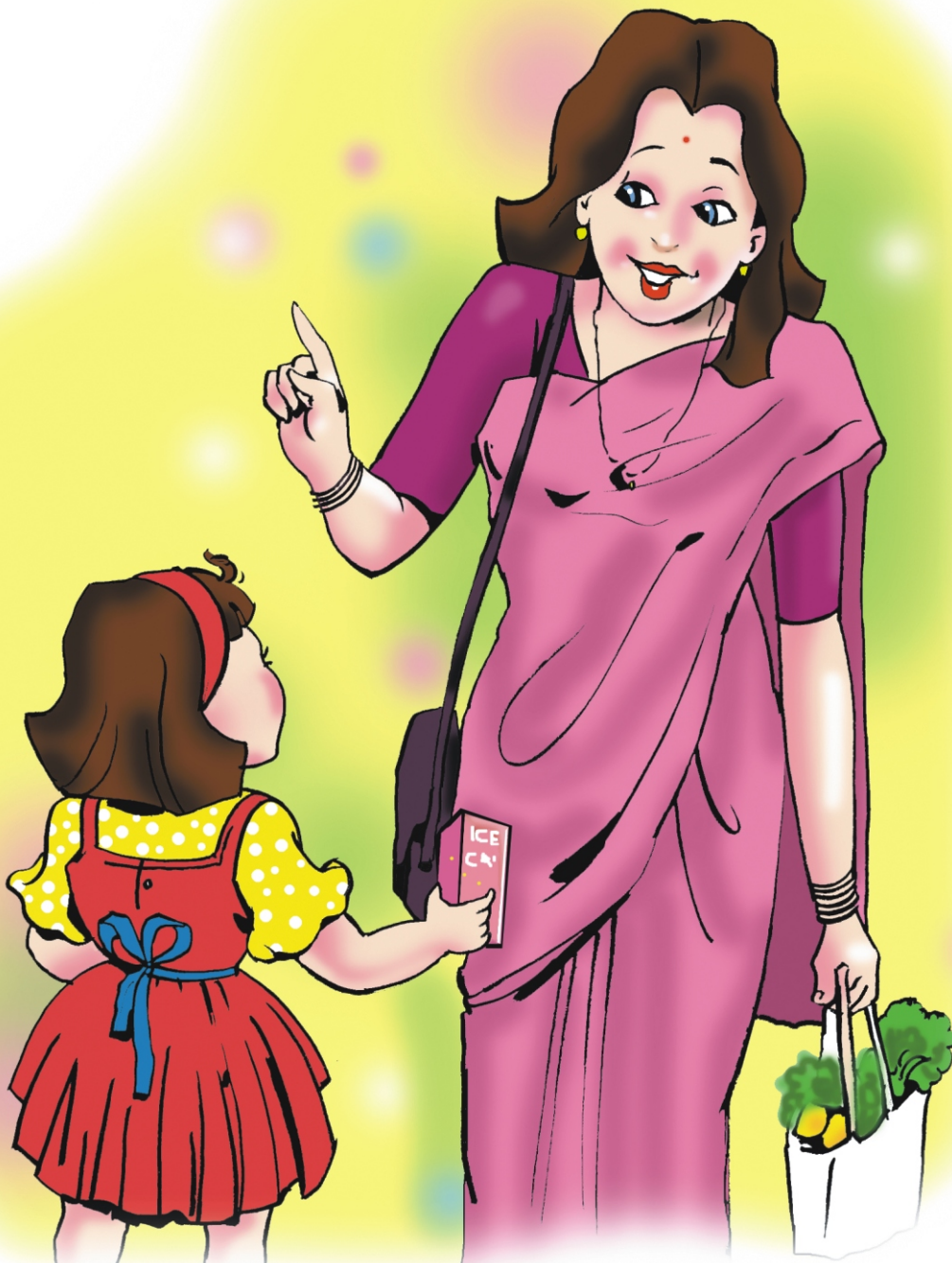
(Without waiting for an answer she runs to the freezer and brings an ice cream).

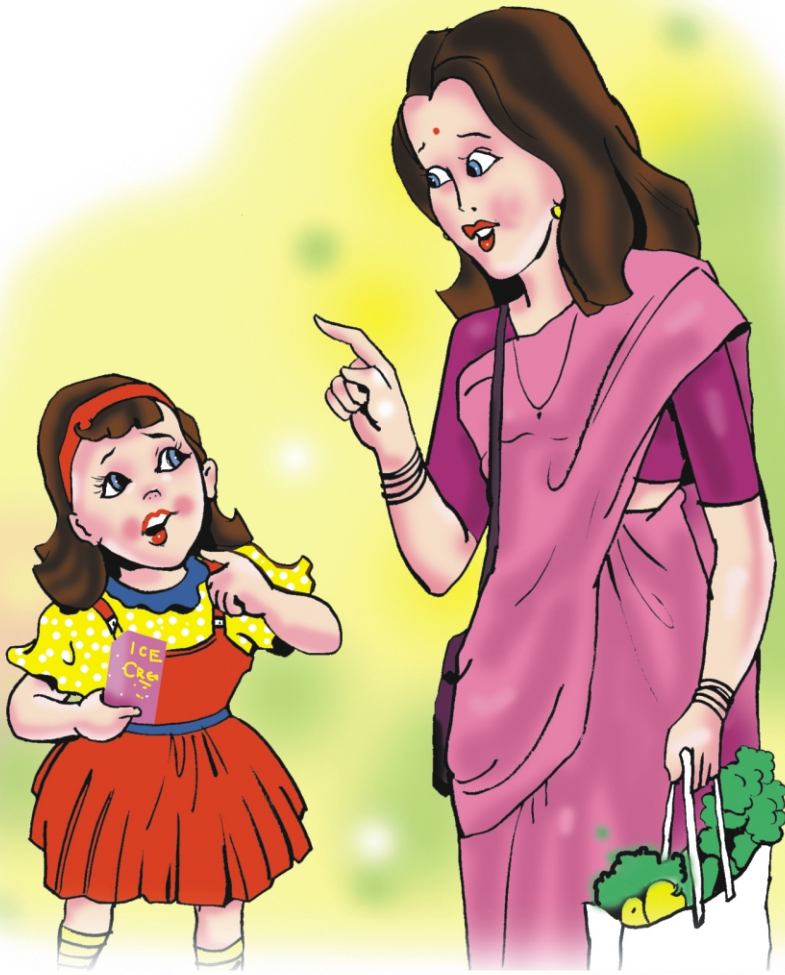


Mother: Seema, did you check the label to see what is in the ice cream?

Seema: No, I did not. Should I?

Mother: Remember, we learned the other day that some ice creams have eggs in them. As Jains we don't eat any food that contains eggs, animal meat and fat.





Seema: Oh yeah, I forgot. Let me check the ingredients. Sorry, mamma, it contains eggs. Let me put it back. Can I get another brand of the ice cream?

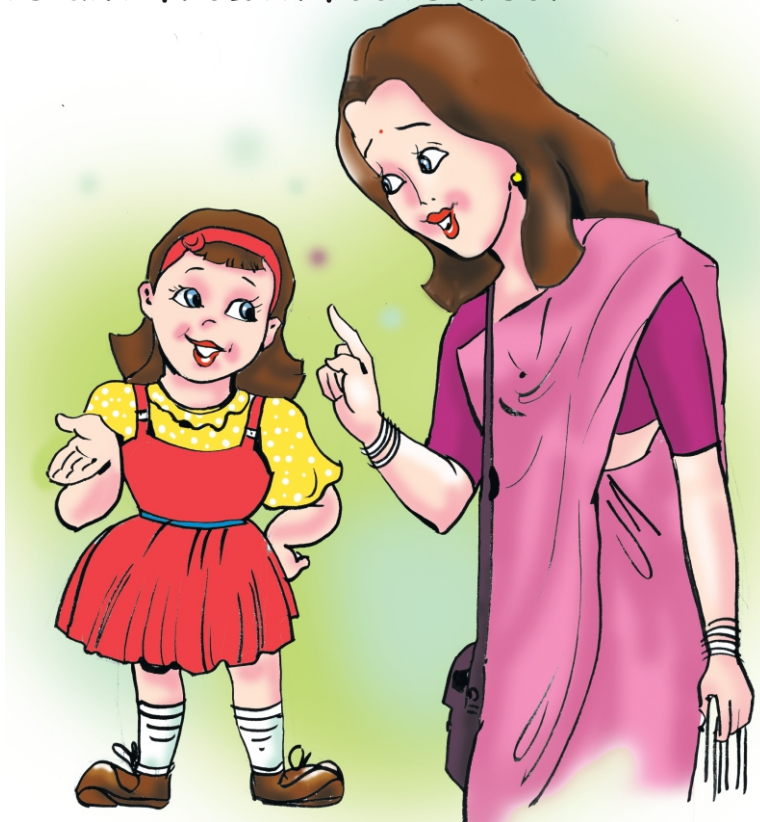
Mother: Yes, Seema, but always be sure to read the label carefully to see what is in the ice cream.



Seema: Yes, mamma, I promise I will be more careful.

(Pause)

Seema: Mamma, does this mean that I should check the ingredients of bread, cookies, candies, canned foods and frozen foods also?



Mother: Yes, Seema, we should always check the ingredients of every food item we buy.



Seema was happy that she learned something that would help her be a better Jain.