

Saving Food Dollars Lesson Plan

Topic

Saving Food Dollars

Target Audience

Parents/caregivers of infant and children.

Key Messages

- Identify foods that cost less money.
- Name at least one way to budget food dollars and eat healthy.

Handouts

- MyPlate handout, visit www.ChooseMyPlate.org for materials.

References

- <http://lancaster.unl.edu/food/supermarket-savings.shtml>
- www.ChooseMyPlate.org
- www.wichealth.org
- Pam McCarthy and Associates, Inc. www.touchingheartstouchingminds.com

Evaluation

- Encourage participants to share at least one thing new they learned and/or set a personal goal.

Saving Food Dollars Lesson Plan

1. Group Education

Lesson Overview

1. Introduction/Icebreaker
2. Price Is Right Game (optional activity)
3. Tips for eating on a budget and getting the most for you money
4. How to follow MyPyramid on a budget (optional activity)
5. Making the shopping experience a pleasant one

Materials

- Cut out pictures of food and prices (attached). Place them in envelopes labeled breakfast, lunch, dinner and snack. *Note: Food prices may need to be adjusted based on season and location. Go to your local grocery stores to find the current prices for one adult serving of each of these items.* (Optional activity)
- Shopping bag with a healthy snack, storybook, shopping list, water bottle, paper and small notepad, small toy, store coupons, and calculator. (Optional activity)
- Copies of MyPyramid

Methods

OPEN: Emotion-based counseling starts with provocative questions, activities or stories that lead to emotion-based conversations, not to an immediate transfer of knowledge.

Tips: Use Icebreakers or abstract concepts to draw out conversation and make the group comfortable with each other.

- **Introduces self (if you have children share their name and ages), topic, lesson overview and length of session.**
- **Have participants introduce themselves and their children.**

Price is Right Game: (Optional Activity) The idea for this game was taken from the “Price is Right” Game Show. Divide participants into 4 groups (*can be less for smaller groups - divide them into fairly equal sized groups*).

Directions for Game:

Give each group an envelope with cut out foods and prices (breakfast, lunch, dinner or snack). Together, in your group, match the right prices with each food(s). (*Prices are based on adult single servings.*)

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- **What questions do you have about this activity?**

Answers:

BREAKFAST

2 Eggs and 2 slices whole wheat toast - \$.65
Cheerios (1 ounce), 8 oz skim milk - \$.68 (*store brand* \$.66)
Homemade smoothie (4 oz milk, ½ banana, 2 oz strawberries) - \$.67
2 oz granola and yogurt (4 oz) - \$.96
Dollar menu fast food breakfast sandwich - \$1.01

LUNCH

Peanut butter and jelly sandwich (1 oz peanut butter, 1 oz jelly, 2 slices whole wheat bread) - \$.54
Bean burrito (pre-packaged)-\$1.00
Homemade bean burrito (2 corn tortilla, 4 oz beans, some cheese, hot sauce, lettuce, tomato, onion) - \$.88

4 oz canned chili and 2 slices whole wheat bread - \$.70
Turkey sandwich (2 slices whole wheat bread, 2 oz turkey, 2 oz cheese)- \$ 2.00

DINNER

Spaghetti (1 cup pasta, ½ cup sauce) - \$.72
4 oz meatloaf - \$ 1.00
Stir fry - \$1.14
Rotisserie chicken - \$1.25
Fried chicken - \$2.54 (2 pieces)
Pizza - \$3.83 (at restaurant) fresh from grocery store \$2.66, frozen \$1.50

SNACKS

String cheese \$.24
Fruit snacks \$.33
1 whole banana - \$.39
Peanut butter & crackers - \$.44
String cheese - \$.24
½ cup baby carrots - \$.46
½ cup pretzels - \$.76
Dollar menu snack from McDonalds - \$1.01

- **What surprised you about the prices of these meals?**

Sample Responses:

- *Eating at home is cheaper than eating out.*
- *There are a lot of quick and easy ways to eat at home.*
- *Healthy food doesn't have to cost more.*

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- *Most of the time, prepackaged snack foods cost more.*

DIG: During the "dig" step, the facilitator asks questions to get the learners to open up and share their memories and experiences and get closer to the topic.

Tips: Use your personality and/or experiences to draw people out; silence is good (it means the learner is thinking!); correct misinformation with sensitivity, asking other participants for their thoughts (corrections are often taken better by peers).

- **What is one tip that helps you budget your food dollars and get the best value for your money (and still eat healthy!)?**

Handout: Give participants "Saving Food Dollars" handout during discussion to help with ideas or after to reinforce ideas. Participants can also write in one different idea for Tip #10.

Sample Responses:

- **Keep a grocery list in your kitchen:** add items as you run out. Try to think ahead about what you'd like to cook for meals when making out your list and check your cupboards and fridge for things you might need.
- **Do not go to the store hungry:** you buy more junk food when you are hungry! Pack snacks for your children so you don't have to buy convenient/fast food when you are out.
- **Use your shopping list:** this helps you buy only what you need, avoiding "impulse" buying. It also helps you get everything you need, so you don't have to shop at more expensive convenience stores, and helps save you trips back and forth to the store.
- **Use coupons:** Coupons can help save money if you use them for things you normally buy.
- **Use your savings card:** this gives you discounts on items and stores often send you coupons in the mail for food you usually buy.
- **Take advantage of store deals:** such as "buy one get one free".
- **Buy store brand foods:** many products taste the same as name brands, only they are cheaper. In fact, often the name brand and the store brand are from the same company!
- **Buy a bigger package:** then separate into smaller packages to store or freeze for later.
- **Use the unit price:** this will tell you the price of an item per ounce. Unit pricing can help you decide whether the larger sized item or store brand is the better buy.
- **Bring your own bags:** stores will often give you a discount for using your own bag(s) versus their paper or plastic bags.

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- **Watch for errors during check out:** look for items not ringing up for the sale price, make sure all your coupons are scanned and that your shopping card gives you additional savings!
- **Prepare more homemade food:** Food processing and packaging costs money. It usually costs less to make something from scratch.

Saving Money Shopping the MyPlate Way (optional activity)

Hand participants a copy of a handout showing the MyPlate concept. Ask them to break into 5 groups (one for each food group). Together, in your group, answer the following questions:

- **How can you save money when buying fruits and vegetables?**

Sample Responses:

- Choose fruits and veggies that are in season.
- Make your own combination of mixed vegetables.
- Pass up wilted veggies and overripe fruit despite low prices.
- Save money and cut your own produce. Pre-cut fruits and vegetables can be expensive.

- **How can your family save money when buying dairy foods?**

Sample Responses:

- Buy milk when on sale and freeze for later.
- Make your own fruit yogurt by adding fresh fruit to low fat yogurt.
- Blocks of cheese are cheaper. Shred cheese at home.
- Ice milk and sherbet can cost less than ice cream and have less saturated fat.

- **How can your family save money when buying proteins?**

Sample Responses:

- Buy whole chickens and cut up in pieces yourself.
- Buy fish fillets and bread them yourself.
- Choose deli meats on sale.

- **How can your family save money when buying whole grains?**

Sample Responses:

- Make your own breadcrumbs using day old bread.
- Buy bread when on sale and freeze for later.
- Use store brand noodles and rice.
- Buy slow cooking rice and get double the amount.

CONNECT: During the "connect" step, parents connect the conversation topic with their values, attitudes, beliefs and feelings. The facilitator helps parents reflect on their personal needs and wants and connect them to the health-related behaviors being suggested.

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Tips: Reflect on stories, examples and ideas shared by parents emphasizing the importance of all comments. Be sure to summarize the most important points.

- **Please share a fun experience that you've had in the store with a child.**
- **What do you do to make your grocery shopping experience less stressful?**

The Grocery Shopping Experience (Optional):

Bring out the shopping bag (which contains a healthy snack, story book, shopping list, water bottle, paper and small notepad, small toy, store coupons, and calculator)

- Ask each participant or child to pick one item out of the bag
- Discuss how that item might be useful while on a shopping trip
- Ask for other ideas – other items families might bring to store

Note: this “survival kit” can be useful in other places, like bus stop, waiting room, or restaurant.

ACT: During this “step” the facilitator helps the participants identify specific action steps and build confidence to help them be the parent they want to be.

Tips: Let the parents choose what steps to take; wrap up by thanking clients for sharing their stories, examples and ideas; ask permission to share with others.

- **What is one new tip you will try in order to save money when shopping for your family?**
- **What is one way you can eat healthier and save money?**
- Encourage participants to share at least one thing new they learned and/or set a personal goal.

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2. Self Study Module

Procedures

Agencies must have a procedure for using SSM, PPM NE 5.2

Methods

1. Give participants the handout “Saving Food Dollars” and “Saving Food Dollars: Self-Study Module”
2. Instruct participant to review the handout, and then complete the Self-Study Module. Encourage them to make one goal that will help them save money when shopping for food.
3. Review answers and goal with participant before issuing Food Instruments.

***** This SSM is not currently translated into Spanish, therefore inappropriate to use for non-English speaking clients.

Saving Food Dollars Tips

AT HOME

- **Keep a grocery list in your kitchen:** Write things down as you run out. Stick to your shopping list at the store.
- **Plan meals ahead:** Check your pantry for items you already have.



- **Prepare more homemade food:** Processed food usually costs more.
- **Shop on a full stomach:** You buy more junk food when you are hungry!
- **Bring your own shopping bags:** You may get discounts from the store.



AT THE STORE

- **Look for bargains:**
 - Use coupons for items you normally buy
 - Look for specials and sales
 - Buy store or generic brands
 - Use the store's savings card
- **Watch for errors during check out.**



- **Use the "unit price":** This will help decide if a bigger package or different brand will save you money.
- **Buy bigger portions:** Divide into smaller packages, store or freeze for later.



FAMILY FUN

- **Try these tips to make shopping more fun for you and your family!**



- ❖ Help your child "draw" a shopping list. Include items you plan to buy for snacks.
- ❖ Feed your children before you go shopping.
- ❖ At the store, ask your child to look for foods on his list.
- ❖ Have your child count the number of items you need.
- ❖ Talk about the color, shape and size of the items you are buying.
- ❖ Make a game of finding certain foods.

- **Your ideas:**



Consejos De Cómo Ahorrar Dinero

EN CASA:

- **Mantenga una lista de los productos de comida en su cocina:** Escriba las cosas que le van haciendo falta. Cuando valla hacer sus compras solo compre lo que esta en su lista.
- **Planee las comidas con anticipación:** use los productos que ya tiene en casa.



- **Prepare mas comidas echas en casa:** las comidas procesadas usualmente cuestan más.
- **Antes de ir a la tienda coma algo (estomago lleno):** usted termina comprando mas cosas que no necesita cuando va con hambre.
- **Lleve a la tienda sus propias bolsas para empacar su comida:** algunas de ellas le dan descuentos por eso.



EN LA TIENDA:

- **Busque por especiales.**
 - Use cupones para los alimentos que usualmente compra.
 - Busque los especiales o lo que este mas económico.
 - Compre de la marca de la tienda.
 - Si la tienda tiene tarjeta de descuento úsela.

- **Este pendiente de errores cuando le estén cobrando.**



- **Use el “precio de la unidad”:** esto le va ayudar a escoger si gasta menos cantidad si compra algún paquete más grande ò de diferente marca.
- **Compre porciones más grandes:** divídalo en paquetes pequeños, guárdelos o congélelos para más después.



PARA DIVERSIÓN FAMILIAR:

- **¡Trate estos consejos para hacer las compras con su familia mas divertidas!**



- ❖ Ayude a sus hijos hacer una lista para las compras, incluya las botanitas que les vas a comprar.
- ❖ Da les de comer a sus niños antes de salir hacer las compras.
- ❖ En la tienda, pídale a sus niños que busquen las cosas que tienen en su lista.
- ❖ Pídale a sus niños que cuenten los productos que tienen en su lista.
- ❖ Haga un juego de encontrar algunos de los productos.

- **Sus ideas:**



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Self – Study Module

Participant's Name: _____ Date: _____

Instructions: Match the food to the right price.

Breakfast

2 eggs and 2 slices whole wheat toast
1 oz cheerios (store brand) and 8 oz milk
2 oz granola and 4 oz yogurt
1 fast food breakfast sandwich

\$

.66
1.01
.65
.96

Lunch

1 Peanut butter & jelly sandwich
4 oz canned chili, 2 slices whole wheat bread
1 bean burrito (pre-packaged)

\$

1.00
.54
.70

Dinner

Spaghetti (1 cup pasta, ½ cup sauce)
1 Slice of restaurant pizza
4 oz meatloaf

\$

3.83
.72
1.00

Snack

Peanut butter crackers
1 Fast food dollar menu snack
String Cheese
½ cup baby carrots

\$

1.01
.44
.24
.46

Money Saving Tips

Tip # 1: Keep a grocery list in your kitchen

Tip # 2: Plan meals ahead

Tip # 3: Shop on a full stomach

Tip # 4: Look for bargains

Tip# 5: Use coupons for things you normally buy

Tip# 6: Use the “unit price”

Tip # 7: Bring your own shopping bags

Tip # 8: Watch for errors during check out

Tip # 9: Prepare more homemade food

Tip #10: Buy bigger portions

One step I can take to save money at the grocery store and still eat healthy:

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Answer Key

(Most expensive is in bold)

Breakfast

2 Eggs and 2 whole wheat toast - \$.65

Cheerios (1 ounce), 8 oz skim milk - \$.68 *store brand \$.66*

2 oz granola and Yogurt (4 oz) - \$.96

1 Dollar Menu Fast Food Breakfast Sandwich - \$1.01

Lunch

1 Peanut Butter and Jelly Sandwich (1 oz peanut butter, 1 oz jelly, 2 slices whole wheat bread) - \$.54

Bean Burrito (prepackaged) \$1.00

4 oz canned Chili and 2 slices whole wheat bread - \$.70

Dinner

Spaghetti (1 cup pasta, ½ cup sauce) - \$.72

4 oz Meatloaf - \$ 1.00

1 Slice Restaurant Pizza - \$3.83

Snacks

String Cheese \$.24

Peanut Butter & Crackers - \$.44

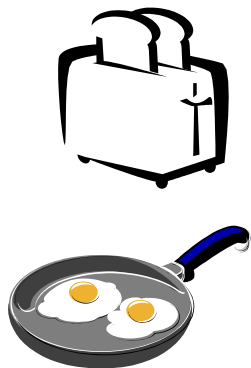
½ cup Baby Carrots - \$.46

1 Dollar Menu Snack from McDonalds: \$1.01

**Saving Food Dollars
Lesson Plan**

Breakfast

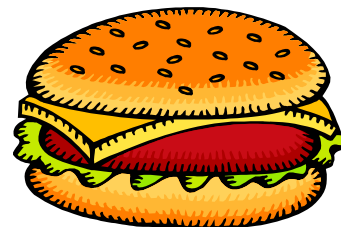
**2 Eggs with 2
whole wheat toast**



**Cheerios
1 ounce cheerios, 8 oz
skim milk**



**Dollar Menu
McDonald's
Breakfast Sandwich**



**Homemade
Smoothie
4 oz milk, ½ banana, 2 oz
strawberries**



**4 oz Yogurt with 2
oz Granola**



**Cheerios
(store brand)
1 ounce cheerios with 8
oz skim milk**



**Saving Food Dollars
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Lunch

Bean Burrito
(Grocery store
bought)



Bean Burrito
(2 corn tortilla, 4 oz beans,
some cheese, hot sauce,
lettuce, tomato,
onion)



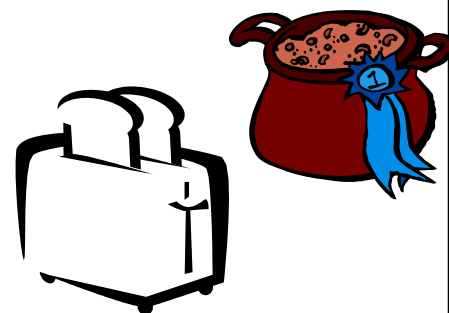
Turkey Sandwich
(2 slice whole wheat bread, 2
oz turkey, 1 oz cheese,
lettuce, tomato)



**Peanut Butter and
Jelly Sandwich**
(1 oz peanut butter, 1 oz jelly,
2 slices whole wheat bread)



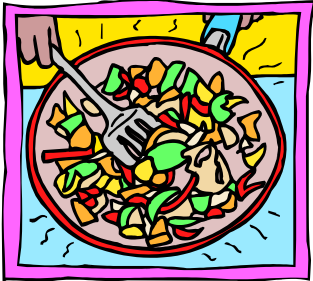
**½ cup Canned Chili with
2 slices of whole wheat
bread**



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Dinner

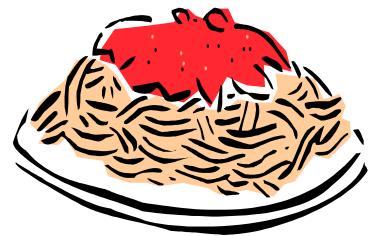
Homemade Stir Fry



Meat Loaf
(Homemade)



Spaghetti
1 cup pasta, ½ cup sauce



Fried Chicken
(Fast Food)



Rotisserie Chicken
from grocery store



Pizza (frozen)



Pizza (restaurant)



Pizza
(Take and bake)



**Saving Food Dollars
Lesson Plan**

Snack

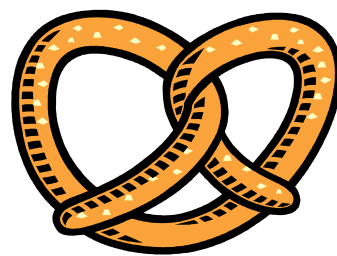
1 whole Banana



String Cheese



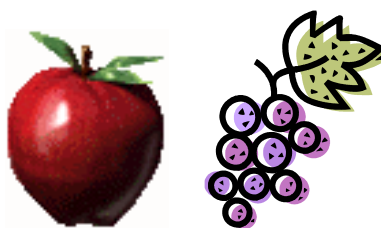
$\frac{1}{2}$ cup Pretzel



Dollar Menu Snack
from McDonalds



$\frac{1}{2}$ cup Grapes or 1
Apple



Peanut Butter and
Crackers



$\frac{1}{2}$ cup Baby Carrots



**Saving Food Dollars
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Breakfast

\$.65

\$.68

\$.66

\$.67

\$.96

\$1.01

**Saving Food Dollars
Lesson Plan**

Lunch

\$.54

\$.88

\$1.00

\$.70

\$2.00

**Saving Food Dollars
Lesson Plan**

Dinner

\$.72

\$1.00

\$1.14

\$1.25

\$2.54

\$3.83

\$2.66

\$1.50

Saving Food Dollars
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Snack

\$.24

\$.33

\$.39

\$.44

\$.24

\$.46

\$.68

\$.75

\$1.01