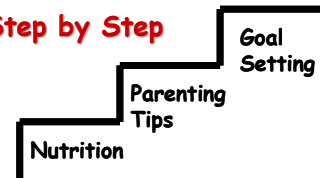


Class Outline and Suggested Activities

**Stretch Your Food \$\$\$—
Does planning really save money?**

Building Healthy Families:

Step by Step



Handouts

1. Family Food Shopping-Spend Less, Get More
2. Family Meals-Fast, Healthful
3. Grocery List
4. Let's Eat Out! Healthy Fast Foods
5. Goal Sheets

Other materials needed

1. Video and VCR player

Conduct Icebreaker/Distribute Materials for Class

- I'm glad to see everyone back today! Would anyone want to share information about last week's goal of serving 3 high fiber foods each day?
 - **Wait for response. Encourage additional comments. Allow about 2 minutes for some discussion.**
- What were some problems you had with this goal?
 - **Wait for response. Encourage additional comments.**
- What were some solutions that worked for your family?
 - **Wait for response. Encourage additional comments.**
- Congratulations on your successes! Can those of you participating in the study please pass your goal sheet to me?
- Here are the handouts for today's lesson. **(Pass out handouts)**
- Now, let's start with today's lesson about stretching your food dollars.

Review Materials/Handouts - 10 Minutes

- Encourage clients to refer to the handouts that give more information about the topic.

- Handouts for this class including Smart Shopping, Healthy, Fast meals, and Eating Out. **(Pass out handouts)**
- Now, let's watch our video moms learn about saving money!

Here is a review of the information to be covered in class.

Meal Planning:

- Meal planning can help you save time and money. Planning can help you serve healthy meals.
- Store specials and flyers can help you find foods on sale that week and help you plan our meals for the week.
- Once a menu has been planned, check to see what foods you already have in the house.
- Your grocery list should include what you need and how much of the food you need.
- Use coupons to help you save money on items you would normally buy.

Food Budgeting:

- Before shopping, determine how much money or foods stamps you will spend.
- Large supermarkets may have better prices.
- Shop when you are not hungry and when the stores are not too crowded.
- It is easier to shop without children, when possible.
- If children do go to the store with you, make sure they are rested and fed. Keep children busy while shopping.
- Ask yourself why you want to buy something that is not on your list before you put it in the shopping cart.
- Once you are at the store, look for the in-store flyers. You might find foods that are a good buy and good substitute for other foods on your list.
- Look out for ways that stores tempt you to spend money. Stores put extra items in places you might be tempted to buy them.
- Items on display at the end of aisles may not be on sale. Foods on lower shelves often cost less money.
- Compare prices to help you find the best buy. Compare unit prices when possible.
- Use coupons for foods that you would normally buy.
- Larger packages of foods are often better buys. For example, 12 single-serve boxes of cereal may cost as much as a large box of cereal with 18 servings.
- Convenience foods are often expensive. Preparing a food yourself is often cheaper. For example, you can make a casserole with hamburger, noodles, and a sauce for less than combining hamburger with a “helper” mix. Prepackaged lunch trays (lunchables) cost more than lunch “trays” you could make yourself.
- Money spent on extra foods such as chips and soda can ruin a food budget.

These foods only give you extra calories, fat, and sugar.

- Get milk and frozen foods last so they stay cold.
- Watch for mistakes in the checkout line. Get the correct amount of change.

Eating Out:

- Choose wisely to lower fat, calories and sugar.
- Try smaller portions and milk or juice instead of soda.

Watch Video presentation 5 minutes

- Turn on video.
- Check to be certain all can see and hear the video.

INTERMISSION DISCUSSION 3-4 MINUTES

1. Would anyone want to share other shopping problems they have experienced?

- **Wait for response. Encourage additional comments.**

2. What other solutions do you have for these moms for meal planning?

- **Wait for response. Encourage additional comments.**

Finish Video

Final Discussion- 10 minutes

This video gave great tips for smart shopping.

1. Why do we need to think about smart shopping?

- **Helps save us time and money.**
- **Helps us reduce how many times we eat out because we have food on hand at home that we can prepare. Eating out costs more and we often eat larger portions of unhealthy foods.**

2. What are some other solutions or tips you have for menu planning and shopping?

- **Wait for response. Encourage additional comments.**

3. Can anyone share their thoughts about helping their family make healthier selections when eating out? This is a really important topic because we tend to eat out a lot.

- **Wait for response. Encourage additional comments.**

4. Remember to use **TALK** with your family to help solve these problems.

Goal Setting:

- Please turn to the goal sheet for this week. Your goals for this week should help you save money by checking store food ads, planning menus, and making grocery lists.
- We have already talked about a few other tips and ideas on stretching your food dollar. Write some of the solutions that might work for you and your family at the bottom of your goal sheet.
- This week, see if you can do each of these items (check store food ads, plan menus, and make a grocery list). Check it off when you have accomplished it for the week. Your class handouts may also help you!

FOOD PREPARATION ACTIVITY – 20 MINUTES

- Now let's get to our recipe preparation activity. This week we are preparing Mexican Pinata Salad or Create a Casserole.
 - Cover food safety tips appropriate for the chosen recipe.
 - Ask what food groups are included in these recipes.
 - Mention how these recipes will be good with meals.
 - Reinforce correct portion size.
 - Read food labels of foods used.
 - Mention how including children in food preparation from an early age is very important.

Closing Reminder

Thank you for attending these classes.

Have a great week!

Adapted from the USDA MyPyramid