

Lesson Overview

GOAL:

To generate understanding that eating healthy does not need to cost more—and in fact, can cost less by following simple tips.

OBJECTIVES:

By the end of the class, participants will:

1. Identify cost-saving strategies while grocery shopping.
2. Apply cost-saving strategies to real life.
3. Demonstrate cost-saving strategies at the grocery store.

MATERIALS:

1. Handouts/Worksheets/Visuals.
2. Equipment for PowerPoints and other audiovisuals when applicable.
3. Optional: Take a trip to the grocery store and adapt this lesson to a real life setting!

BHL Week 9 Guide for Instructors

Be a Savvy Shopper



Getting Started:

HOUSEKEEPING

- Welcome the class & introduce yourself.
- Cover questions/comments/concerns related to both fitness and/or nutrition, and refer to the appropriate BHL staff member if unable to answer or console.
- Review the past week's *FADS* and *Weekly 3 C's*.
- Review the past week's *Weekly Challenge* when applicable.
- Have trained BHL staff take anthropometric measurements, distribute any materials or information, or make announcements when applicable.
- Have participants sign-in on attendance sheet.
- Give MetroCard to those applicable.
- Ensure that healthy snacks and water are provided.
- Distribute the lesson handouts.
- After each **TOPIC**, ask if the material is clear and if there are any questions.

Today's Lesson:

#1 Supermarket Savings

- Henneman, Alice: *Supermarket Savings* (PowerPoint, ENG)
 - Henneman, Alice: *Supermarket Savings* (Handout #1, ENG)
 - Fruits & Veggies More Matters: *30 Ways in 30 Days* (Handout #2, ENG)
1. **Introduction:** Many people think that eating healthier means spending more money on food—but did you know that eating healthier can save you money? Today we are going to learn some easy and simple tricks that can help you eat healthier and save money.
 2. PowerPoint Presentation: Read through. The *Supermarket Savings* and *30 Ways in 30 Days* handout are complimentary to the presentation. The presentation is designed to be interactive.
 3. **Interactive Idea (Slide 13)**—have everyone stop and discuss with a partner something they threw out that they could have re-used or that they could have eaten later.
 4. **Interactive Idea (Slide 15)** — What is one way you can reuse some of the foods you discussed with your partner a few minutes ago. What can you put that food in?
 5. **Interactive Idea (Slide 46)** — Name one food you can buy a larger package of

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because you eat/ serve it often.

6. **Discussion:** What were the most striking ways to save?
7. If there is time, read through or provide highlights from the *30 Days 30 Ways* handout.
8. **Activity:** Ask for volunteers to name some fruits/vegetables that are in season that they can add to their weekly menu.

#3 Eating on a Budget – The 3 P’s

- U.S. Department of Agriculture: *Eating on a Budget—The 3 P’s* (Handout #4, ENG)
 - Alameda County Public Health Department: *Smart Shopper Comparison* (Handout #5, ENG/SPN)
1. **The 3 P’s:** Read through. Highlight the 3 P’s as a useful way to increase supermarket savings.
 2. **Smart Shopper Comparison:** This is a complimentary worksheet to the 3 P’s that provides examples of how to apply the 3 P’s. Read through. Suggestion: Have participants take turns reading each example outloud. Engage them with interactive questions, e.g., have you any of these strategies before? What are some additional cost-savings strategies you could try?
 3. **Discussion:** Have the class strategize changes they can make over the next week to increase their supermarket savings. The best way to demonstrate that healthy eating can be cost-friendly is to encourage them to practice these tips at home. Also, have them think about how much they are willing to spend on each type of food. What is their maximum limit? By teaching them to put limits on how much they are spending, you will increase their awareness. Emphasize that the purchases often regarded as negligible, such as that extra candy bar or bag of chips, are important and can not only save moneys—but will save them unnecessary calories, too.

Optional—Supermarket Field Trip

- B.O.L.D. Healthy Living Program: *Make it Healthier!* (Handout #5, ENG)

Consider planning a supermarket field trip for this lesson. You can distribute the handouts used in this lesson for at-home reading prior to the field trip so that participants can use them as resources during the field trip. To set-up a field trip, contact your local grocer to let them know in advance. Many have employees that will give you tours of the grocery store along with tips on purchasing healthy foods. Some markets employ registered dietitians that may facilitate the trip.

Plan an activity for the class to partake in at the supermarket. The BHL Program created, “Make it Healthier,” where participants were given a list of foods eaten throughout the day, categorized by meal (breakfast/snack/lunch/snack/dinner/dessert), and the activity was to find healthier alternatives to these foods in the supermarket store, while also paying attention to price. Participants formed groups of 2-3, and the group who finished first received a prize!

Closing:

HOUSEKEEPING

- Allow time for questions, comments, and concerns.
- Make sure that everyone has 3 blank *FAD* worksheets and 1 blank *My 3 C's* worksheet to complete over the week.
- Read their weekly *FAD* instructions (*Week-by-Week Guide* in *Orientation Packet*).
- Remind the class to review the *BHL Weekly Checklist*.
- Make sure that everyone knows the time/location of the next fitness and nutrition classes.
- Thank everyone for coming and offer your availability after class for questions, comments, or concerns. Provide referrals as necessary to the appropriate professionals.

Material References:

PowerPoint:

Henneman, Alice. *Supermarket Savings (PowerPoint)*. Lincoln, Nebraska: University of Nebraska-Lincoln; 2008. Available at: <http://food.unl.edu/web/fnh/supermarket-savings>. Accessed July 18, 2013.

Handout #1:

Henneman, Alice. *Supermarket Savings (Handout)*. Lincoln, Nebraska: University of Nebraska-Lincoln; 2008. Available at: <http://food.unl.edu/web/fnh/supermarket-savings>. Accessed July 18, 2013.

Handout #2:

30 Ways in 30 Days. Centers for Disease Control and Prevention Website. Available at: http://www.cdc.gov/nutrition/downloads/stretch_FV_budget.pdf. Accessed July 18, 2013.

Handout #3:

Eating on a Budget—The 3 P's. U.S. Department of Agriculture's MyPlate Website. Published September 2011. Available at: <http://www.choosemyplate.gov/healthy-eating-on-budget.html>. Accessed July 18, 2013.

Handout #4:

Alameda County Public Health Department. 3 Ps Smart Shopper Comparison. Healthy Living... For Life! Website. Available at: <http://www.healthylivingforlife.org/tools.php>. Accessed July 18, 2013.

Handout #5:

B.O.L.D. Healthy Living Program. *Make it Healthier! (Handout)*. Bronx, NY: Psychosocial Oncology Program, Albert Einstein College of Medicine; 2010.