

Food Basics

Shopping Smarts

Educator's Guide

Lesson Description

In this class participants will explore how to shop for value, flavor, and good nutrition by using menu planning, shopping lists, and cost comparisons.

Lesson Plan

Objectives

- Create a simple menu.
- Plan a shopping list for menu needs.
- Compare foods, brands, and sizes for best cost and nutritional value.

Materials

- Video/DVD Player
- *Food Basics: Shopping Smarts* video or DVD
- Copies of local supermarket ads
- Copies of the "Smart Shopper Checklist" handout (attached)
- Copies of the "Weekly Meal Planner" worksheet (attached)
- Copies of the "Unit Pricing" worksheet (attached)
- Pencils or pens

Procedures

1. Introduce yourself and ask participants to introduce themselves. Ask if they've ever gone food shopping and experienced one of the following:
 - They forgot to buy some of the grocery items they needed.
 - They bought foods they hadn't intended to buy.
 - They bought foods they ended up not using and had to throw away.

Ask participants to share some stories. If participants aren't comfortable sharing with the whole group, share some of your own, or ask them to turn to the person sitting next to them and share a story.

2. Introduce the video by explaining, "Today's video is *Shopping Smarts*. It will offer helpful tips to avoid some of the grocery shopping frustrations we just shared! As you watch the video, think about how the tips might help make it easier for you to grocery shop and prepare meals that have great taste at the best cost. After watching the video, we'll talk about these tips."

3. After watching the video, ask which tips really stood out. Ask the class to look at the “Smart Shopper Checklist” handout and discuss each item. *(Note to instructor: You may choose to do the activities as part of the checklist review or afterwards, as time allows.)*
 - Look at supermarket ads. *(Pass out supermarket ads. It's OK if people have to share.)*
 - What's on sale this week that your family likes? Don't buy something just because it's on sale. Buy it because you know you'll use it.
 - What fruits and vegetables are in season? They will be the least expensive.
 - Plan menus for the coming week. *(Pass out meal planner worksheets.)*
 - Plan meals based on the items that are on sale.
 - Plan for breakfasts, lunches, dinners, and snacks. Don't forget beverages.
 - Use the MyPyramid food guide to create balanced, nutritional meals. Choose whole grains, a variety of fruits and vegetables, low-fat milk products, and lean meats.
 - Make a shopping list. *(Check items off on the shopping checklist.)*
 - Check to see which ingredients you need for your menu and which you need to buy.
 - If you're familiar with your grocery store, arrange your list in the order you'll find them: produce, dairy case, meat, canned foods, etc.
 - Cut out coupons for the products you plan to buy.
 - Compare prices. Some brands can be more expensive even with a coupon.
 - Mark your shopping list to show which items have coupons.
 - Don't go shopping on an empty stomach.
 - It's harder to resist “impulse” purchases.
 - If you're not ready for a full meal, have a filling snack.
 - Compare brands and unit prices. *(Pass out Unit Pricing worksheets.)*
 - In many cases, store brands are less expensive than “name” brands.
 - Shelf prices will show the price per ounce or some other unit of measure. A package that “costs” more may actually cost less when you consider the cost per unit.
 - Resist buying things you don't need or hadn't planned to buy.
 - Avoid end-of-aisle displays. (Ask for a show of hands to see how many people get caught buying things they hadn't planned because of displays.)
 - Stick to the shopping list.
 - Keep children occupied with age appropriate tasks.
 - Ask them to identify low-fat items by looking at labels.
 - In the produce section, ask them to identify the colors of fruits and vegetables or to count as they put apples or oranges into a bag.
 - If they're old enough, send them to find and bring back specific items.
 - Have them locate the unit price and help determine which size is the better buy.
 - Don't reward children with food, but do try to put some things they like in your menu plan. They can be responsible for getting these items at the store.

4. If you haven't done this as part of the checklist review, ask participants to fill out one day's worth of meals on the weekly planner. Call attention to the MyPyramid image at the bottom of the page. They should try to include at least three different food groups in their breakfast menu and all five food groups for lunch and dinner.
5. If there's time, review unit pricing and ask participants to circle the item that's the better bargain on the "Unit Pricing" worksheet.

Wrap Up

Ask the participants to use the Shopping Smarts checklist" before their next grocery store trip and to add or delete items from the "Basic Food Items List" so that it becomes a grocery list that works well for them.

Food Basics
Shopping Smarts
Smart Shopper Checklist



Handout

Use this list to get ready for your next trip to the supermarket.

At Home

- Look at supermarket ads. Note which fruits and vegetables are in season; they will be the least expensive.
- Plan menus for the coming week. Use foods that are on sale.
- Check to see which ingredients you have and which you need to buy.
- Make a shopping list of the foods you need to buy. (Organize your list by where foods are located in the store—produce, dairy case, meat, canned foods, frozen foods, breads, and bakery.)
- Cut out coupons for the products you plan to purchase.
- Don't go shopping on an empty stomach.

At the Supermarket

- Compare brands. In many cases, store brands are less expensive.
- Compare unit prices. Shelf prices often compare the price per ounce or other measure.
- Resist buying thing you don't need or hadn't planned to buy.
 - Avoid end-of-aisle displays.
 - Stick to the shopping list.
- Keep children involved by giving them age appropriate tasks.



BASIC FOOD ITEMS TO STOCK THE CUPBOARDS AND REFRIGERATOR

Fresh Fruit

- ___ apples
- ___ bananas
- ___ grapes
- ___ oranges
- ___ melon
- _____
- _____
- _____

Fresh Vegetables

- ___ broccoli
- ___ lettuce
- ___ carrots
- ___ onions
- ___ potatoes
- ___ tomatoes
- _____
- _____
- _____

Meats

- ___ beef
- ___ chicken
- ___ ground beef
- ___ pork
- _____
- _____
- _____

Breads/Bakery

- ___ bread
- ___ bagels
- ___ English muffins
- ___ rolls
- ___ tortillas
- _____
- _____
- _____

Dry Goods

- ___ beans
- ___ cereal
- ___ flour
- ___ pasta
- ___ rice
- ___ sugar
- _____
- _____
- _____

Canned Goods

- ___ beans
- ___ carrots
- ___ green beans
- ___ peas
- ___ soup
- ___ tomatoes
- ___ tomato sauce
- ___ tuna
- _____
- _____
- _____

Condiments

- ___ peanut butter
- ___ jelly
- ___ ketchup
- ___ mayonnaise
- ___ mustard
- ___ salad dressing
- ___ salsa
- ___ syrup
- _____
- _____
- _____

Dairy

- ___ butter/margarine
- ___ cheese slices
- ___ eggs
- ___ milk
- ___ yogurt
- _____
- _____

Frozen Foods

- ___ juice
- ___ pancakes/waffles
- ___ vegetables
- _____
- _____
- _____

Beverages

- ___ coffee
- ___ soft drinks
- ___ tea
- ___ water
- _____

Baby Items

- ___ baby food
- ___ formula
- ___ diapers

Household

- ___ aluminum foil
- ___ bleach
- ___ dish detergent
- ___ laundry detergent
- ___ napkins
- ___ paper towels
- ___ plastic wrap
- ___ sandwich bags
- ___ tissues
- ___ toilet paper
- ___ trash bags
- _____
- _____
- _____

Personal Care Products

- ___ deodorant
- ___ razors
- ___ soap
- ___ shampoo
- ___ shaving cream
- ___ toothpaste
- ___ other
- _____
- _____
- _____

Other Items

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Weekly Meal Planner

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Breakfast							
Lunch							
Snack							
Dinner							



MyPyramid

Grains – Vegetables – Fruits – Milk – Meat and Beans

For Breakfast, choose from at least three groups.

For lunch and dinner, choose from all five groups.

Add *small* amounts of oils, such as margarine, salad dressing, and cooking oils.


Food Basics
Shopping Smarts
Unit Pricing




Handout

Which product is the better buy?


Whole Grain Cereal

Whl. Grain 14 oz.	\$4.29
.31 per oz.	

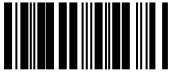
Whl. Grain 27 oz.	\$5.69
.21 per oz.	

American Cheese


(individually wrapped)

Am. Ch. Singles 12 oz.	\$3.96
\$5.29 per lb.	

(sliced, not wrapped)

Am. Ch. Sliced 16 oz.	\$4.29
\$4.29 per lb.	

Apple Juice

Apple Juice 64 oz.	\$2.99
.05 per oz.	

Apple Juice 128 oz.	\$5.98
.05 per oz.	