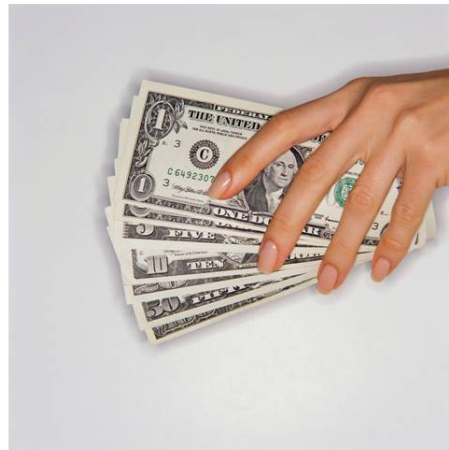


Meal Planning and Shopping



Food \$ense Nutrition Education

Planning your meals will help you save money.



- What do you like to spend your money on?

Planning your meals will help you save money so you can buy the other things you like. When you plan what you are going to eat, you can make good choices. Good food choices can help you feel good!

Slide 3

**There are 3 steps to planning
and buying good foods.**



There are 3 steps to planning and buying good foods.

Slide 4

**1. Count
how much
money you
have for
food.**



First we need to count how much money we have for food. This will help us not spend too much money.

Slide 5



2. Plan your meals with a variety of colors.

Next, we need to plan meals with a variety of colors.

- What are the first two steps to plan and buy food?
 - Count how much money you have for food.
 - Plan your meals with a variety of colors.
- What foods do you like that are colorful?

Slide 6



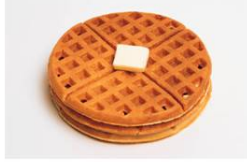
3. Make a grocery list and buy only the food on your list.

Finally, make a grocery list and buy only the food on your list.

- What healthy foods can you put on your grocery list?
- What are the three steps to planning and buying good food?
 - Count how much money you have for food.
 - Plan your meals with a variety of colors
 - Make a grocery list and buy only the food on your list

Slide 7

Reuse the menus you planned



Breakfast



Lunch



Dinner

It is a good idea to reuse the menus you plan. It will save you time so you don't have to make new menus every week.

- What menus can you reuse (prompt as needed)
 - Sandwiches, spaghetti, cereal, casseroles, etc.

Slide 8

Plan a healthy breakfast

1



Grain

2



Fruit

3



Milk

Plan a healthy breakfast. Include items from three of the food groups.

- Who can name the foods from the picture?
 - Shredded wheat
 - Peach
 - Milk
- Can you name other healthy breakfast foods?
 - Waffles
 - Pancakes
 - Whole wheat muffin
 - 100% orange juice
 - Pear
 - Banana

Slide 9

**At lunch, drink milk instead
of soda pop or sugary drinks.**



Try drinking milk with your lunch rather than soda pop or other sugary drinks.
Raise your hand if you like milk.

Slide 10

**At dinner, eat some
colorful vegetables**



Dinner is a good time to get lots of vegetables in plenty of colors.

- Who knows what vegetable from the picture is orange?
 - Carrot
- Who knows what vegetable is green?
 - Broccoli
- Who knows what vegetable is white?
 - Cauliflower
- Who knows what vegetable is yellow?
 - Squash

Slide 11

Eat before you go shopping.



Eat before you go shopping. If you go shopping when you are hungry, you might buy more food than you have money for.

Slide 12

Remember...

Planning your meals can help you become healthy and strong.



Remember planning your meals can help you become healthy and strong.

- What are some things we just talked about that can help us have healthy meals?
 - Drink milk instead of juices and soda.
 - Plan your meal with a variety of colors.
 - Eat before shopping so you don't buy unhealthy food or more food than you have money for.

What Can I Do?



Eat colorful vegetables for dinner tonight.

- What change can you make because of what you learned today?

Eat colorful vegetables for dinner tonight.

- What vegetable do you want to eat for dinner tonight?

Meal Planning and Shopping Activity

Participants will play grocery store with the foods they put on their food shopping list. Use nutrition cards from other lesson to do this – or make new cards.

Make nutrition food cards by cutting out food pictures from magazine or grocery store ads. Then glue the pictures onto index card.

Have participants fill out a grocery shopping list using the foods available on the nutrition food cards. Use the grocery shopping list that will work best for the participant (food groups or meal).

Participants will play grocery store with the foods they put on their food shopping list. Have one participant act as the grocery store clerk and the others to act as customers. You can rotate through the person acting as store clerk. The customer will ask the store clerk for a certain food item or will find it on the table/shelf of the 'grocery store'. The grocery store clerk will check them out (can use play money if you have it) and put the food into a plastic bag. Then they can switch and do it again with a different person acting as store clerk.

Items needed for this activity

- Table or shelf
- Plastic grocery bag
- Pens or pencils
- Grocery lists
- Play money (optional)
- Nutrition food cards:
 - Grocery ads or magazines
 - Scissors
 - Glue
 - Index cards