

Ohio SNAP-Ed Adult & Teen Programs Savvy Whole Grain Shopping

Task Topic:	Whole Grains
Task Title:	Savvy Whole Grain Shopping
Teaching Message(s):	<input checked="" type="checkbox"/> When consuming grain products like bread, pasta, rice, cereal, etc., choose whole grain products. <input checked="" type="checkbox"/> Use MyPlate to make healthy food choices with a limited budget. <input checked="" type="checkbox"/> Plan meals ahead of time.
Resources:	Adapted from <i>ChooseMyPlate.gov</i> , <i>Dietary Guidelines</i> , Whole Grains Council

Objectives for the Task:

1. Name two shopping strategies for purchasing whole grains.
2. Use grocery store flyers to identify bargains on whole grain foods.

Materials needed for the Task (including Handouts):

- Worksheet – Original and Modified Grocery Lists
- Grocery store ads (enough for 4-6 small groups to have an ad)
- Fact Sheet – What to Look for When Shopping for Whole Grains

Food and Equipment for Demonstration and Sampling:

- [None needed for this lesson]

Some ingredients may not be available in your area. Feel free to make ingredient substitutions as necessary. If you decide to make a recipe substitution, please use a SNAP-Ed approved recipe from the What's Cooking? USDA Mixing Bowl website:

<http://www.whatscooking.fns.usda.gov/>

General Materials List:

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|--------------------|--------------------------------|---------------|
| • Flip chart paper | • Post-it notes | • Index cards |
| • Thought box | • Markers | • Pens |
| • Highlighters | • Masking tape | • Name tags |
| • VOICE principles | • Participant evaluation forms | |

Preparation:

- Make a grid on flip chart paper. On the left side, write “Original Grocery List.” On the right side, write “Updated Grocery List.”



Key Points to Review:

- Introduce yourself. Give brief description of the program (program name, length of sessions, duration of program).
- Include your purpose as the facilitator (i.e. to introduce ideas that are supported by research, to give them the tools to make informed decisions about areas that affect their health & nutritional needs, and to identify topics that might be covered based on the curricula used in the program).
- Review the V.O.I.C.E. Principles.
- Ask participants to sign in on the SNAP-Ed sign-in sheet.
- Remember to pass out the appropriate participant evaluation form at the end of the session, making sure to read the questions out loud to the participants.

Transition:

Last time we met, we discussed.... We also Who would like to share an example of ...?

Today we will learn tips to easily replace the grains your family currently eats with whole grains by using simple substitution and shopping strategies. We'll discuss how to find whole grain alternatives to your favorite grain products at the grocery store.

But before we start, let's begin the lesson by talking about physical activity. Physical activity is an integral part of a healthy lifestyle, right along with proper nutrition and adequate sleep. Many people do not get enough physical activity. The *Dietary Guidelines* recommends 30 minutes of physical activity most days, or 150 minutes each week. What are some ways that you include physical activity in your day-to-day life?

Physical activity guidelines can be found at the following websites:

- Office of Disease Prevention and Health Promotion: www.health.gov/paguidelines/
- CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- President's Council on Fitness, Sports, and Nutrition: www.fitness.gov/behavioral/physical-activity-guidelines-for-Americans/

Anchor

When you are going grocery shopping, how can you tell if a food is a whole grain product? Is this always easy to do? Why or why not? Call out your responses.

Add

Pass out a copy of the Worksheet – Original and Modified Grocery Lists to each participant.

We just talked about how it can be hard sometimes to identify foods that are whole grains when we go grocery shopping. Fortunately, there are several “Shopping Strategies” that will help you easily incorporate whole grain foods into your diet.

Tip #1: Replace enriched or refined grain foods with whole grain foods. The 2010 Dietary Guidelines for Americans suggest that you make at least ½ of the grains you eat whole grains.



Let's look at the grocery list I passed out. Which grain foods could I replace with whole grains and what whole grain would I purchase instead? Call out your ideas. *Write the participants' ideas on the flip chart paper. Refer to the examples if needed.*

One replacement you may make when shopping is purchasing wild rice or wild/brown rice blend instead of white rice, and whole grain spaghetti instead of refined white spaghetti. What are others you can substitute rather easily on the original grocery list? Write them down under the "Updated" grocery list on the right side of your handout.

Tip #2: Shop the bulk bins. When available, the bulk bins in the grocery store can be an inexpensive way to find whole, unprocessed grains. Best of all, you can buy exactly how much you want! Look for foods such as: rice, quinoa, whole wheat flour, oatmeal, buckwheat, popcorn kernels, oats, amaranth, or millet. Who has tried any of these grain products before? How did you prepare them?

Tip #3: Use the store flyer to help identify whole grain foods that are on sale. This will allow you to conserve your food resources and still provide healthy, nutritious meals to your family. If you use coupons, see if you can save even more by buying whole grain foods when they are on sale and you have a coupon.

Who has some other tips to share about shopping for whole grain foods?

Apply

Divide the participants into small groups. Pass out one grocery store flyer to each group.

Now I am going to pass out some store flyers. Go through the flyer and look at the foods available. Circle the foods you see the whole grain stamp on or that you think are whole grain or made with whole grain. You can also look at foods that you typically purchase and think about what other foods you could purchase instead. How might you use these foods to plan your weekly meals?

Who would like to share some of the Whole Grain products they found a good deal on? You can use the weekly flyer to help you plan ahead and find the best deal on Whole Grain foods. They are typically around the same price as refined products, yet you get much more nutritional bang for your buck.

Away

Pass out a copy of the Fact Sheet – What to Look for When Shopping for Whole Grains to each participant.

This fact sheet tells you what to look for on a food's label to determine if it is a source of whole grains. You may find it helpful when you are doing your grocery shopping. Write down one whole grain product your family will be willing to try. Make a plan to serve it to your family during the next week.



Facilitator's Notes:**Facilitator's Checklist:**

- ☐ Have I gathered all of the pertinent materials needed for the lesson?
- ☐ Did I spend the requisite amount of time covering each targeted message?
- ☐ Did I apply the principles of adult learning to my program?
- ☐ Did I create a comfortable and functional learning atmosphere?
- ☐ Did I fill out a Program Log with the necessary program information?
- ☐ Did I ensure that all participants signed the sign-in sheet?
- ☐ Did I read the survey instrument out loud to the participants?
- ☐ Did I collect all requisite survey instruments needed for today's lesson?

