

## Ohio SNAP-Ed Adult & Teen Programs

### Shop Smart to Fill Your Cart – the MyPlate Way!

**Task Topic:** Food Shopping

**Task Title:** Shop Smart to Fill Your Cart – the MyPlate Way!

**Teaching Message(s):**

- ☒ Use MyPlate to make healthy food choices with a limited budget.
- ☒ Eat fruits and vegetables of different colors.
- ☒ When consuming dairy products like milk, yogurt, cheese, etc., choose low fat or fat free dairy products.
- ☒ When consuming grain products like bread, pasta, rice, cereal, etc., choose whole grain products.
- ☒ Eat plant-based protein foods like beans, lentils, soy, or nuts.
- ☒ Decrease worry that food might run out before more can be bought.

**Resources:** Adapted from *ChooseMyPlate.gov, Dietary Guidelines*

#### Objectives for the Task:

1. Name one way that MyPlate can be used as a shopping tool.
2. Identify at least one strategy for buying healthy, low-cost foods from each of the five MyPlate food groups.

#### Materials needed for the Task (including Handouts):

- Maria's Shopping List (choose the list that corresponds to the current time of year – winter, spring, summer, or fall)
- Fact Sheet – Smart Shopping with MyPlate

#### General Materials List:

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

#### Preparation:

- Write out Maria's grocery list on flip chart paper. (Use the list that corresponds to the current season in which you are teaching the program.)

#### 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 talk about filling our shopping carts with healthy, budget-friendly foods from each of the MyPlate food groups. Eating a healthy and balanced diet does not have to be costly! Let's start today's program with some movement. *Invite participants to march in place, walk around the room, or do simple stretches for 2-3 minutes. While you are doing these activities, mention the importance of getting 30 minutes of physical activity every day for optimal health.*

*Physical activity guidelines can be found at the following websites:*

- Office of Disease Prevention and Health Promotion: [www.health.gov/paguidelines/](http://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/being-active/physical-activity-guidelines-for-Americans/](http://www.fitness.gov/being-active/physical-activity-guidelines-for-Americans/)

### Anchor

When you go to the grocery store, what section of the store do you go to first? Where do you spend most of your time shopping? Why do you spend most of your time in one part of the store and less time in another part?

*Allow for a 5-10 minute discussion.*

### Add

MyPlate is a wonderful tool. Not only does it help you determine what kinds of foods to eat, and how much, but did you know it can also be used as a grocery store guide? The USDA has compiled some budget-friendly tips for filling your grocery cart with healthy foods from all the MyPlate food groups!

### **Fruits and vegetables**

Fruits and vegetables can be found in the fresh produce section, usually located at the front of the store. You can also find frozen and canned fruits and vegetables in the canned and pantry food aisles. Here are the best buys for fruits and vegetables:

- Buy fresh produce when it is "in season." Not only will the produce contain more nutrients and flavor, they will also be less expensive due to their abundance. Look for produce in a variety of colors. Just remember to buy only what you will eat, so you don't end up throwing away spoiled produce!



- Buy canned vegetables that are low sodium or “no salt added.” Stock up when stores have specials on canned vegetables, such as around Thanksgiving.
- Look for fruit that is canned in 100% juice if it is available to cut down on added sugars. It’s more nutritious but costs the same as fruit canned in heavy syrup.
- Don’t forget about frozen fruits and vegetables. These are processed at peak season and can be stored in the freezer for several months.

### Grains

Grain products are still a good value for your money, especially if you choose whole-grain products.

- Rice and pasta are very budget-friendly grain options. Brown rice and whole-grain pasta are readily available in most grocery stores and cost the same as their refined counterparts, but they deliver more vitamins, minerals, and fiber than refined versions.
- Unprocessed rice and pasta are lower in cost than their processed counterparts, and have significantly less sodium.
- Buy cereals in larger packages. Store brands are comparable in quality to brand name cereals but cost a lot less. Look for whole-grain options and aim for cereals that have less than 5 grams of sugar per serving.
- Look for bread that is approaching its sell-by date. Grocery stores mark these products down quite a bit. You can store the loaves in your freezer to keep the bread from molding.

### Protein Foods

The cost of meat keeps going up, at an average of 8%. While beef, pork, chicken, and fish are excellent sources of protein, there are many other protein options available that cost less.

- Beans, peas, and lentils are excellent sources of protein and fiber and have a lot less fat than meat. They can be stored for a long period of time and are versatile in many kinds of dishes. Best of all, they are low-cost. A can of black beans, for example, provides a serving of protein for about 28 cents. A serving of ground beef, on the other hand, costs three times as much.
- Eggs are a great low-cost protein option and are easy to prepare. Serve them for breakfast, lunch, or dinner.
- Buy fresh meat that is close to its expiration date and prepare that night, or toss in the freezer for later.
- Canned fish, like tuna or salmon, is lower-cost than fresh or frozen fish and store well.

### Dairy

Dairy foods are usually found in the refrigerated section around the perimeter of the store, but you can also find shelf-stable dairy products in the pantry aisle. Here are some tips for choosing dairy products.

- Buy the larger-sized containers. This includes gallon-sized milk and quart-sized yogurt containers. As with fresh produce, make sure you’ll use it before it spoils.
- There is no cost difference between low- or fat-free dairy products and their full-fat counterparts, so look for low fat or fat free options of your favorite dairy products.



- You can buy dry milk for a shelf-stable option to have on-hand for emergencies or if you run out of fresh milk.

### Apply

*Refer to the written grocery list on the flip chart paper. This activity can be done as a class, or in smaller groups.*

On the flip chart, I have an example of Maria's grocery list for the week. Using the tips we just discussed, let's find ways Maria can "shop smart" and save money.

*Invite participants to help modify Maria's grocery list. They can call out their suggestions or they can come up to the flip chart paper and write in their ideas for improvement.*

By making some or all of these changes, Maria can save a bundle on her weekly groceries, plus she will have a healthier variety of foods with which to feed her family!

### Away

*Pass out a copy of the Fact Sheet – Smart Shopping with MyPlate to each participant.*

Think of your usual grocery shopping trip. Identify two tips we talked about today that you can use the next time you go grocery shopping that will help save you money on foods from the different MyPlate food groups. You can use the fact sheet I passed out for reference.

### **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?

