

Think Now, Save Money and Eat Healthier Later

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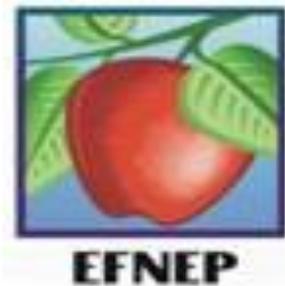


Supplies Needed:

- Various product labels that you know are commonly included in food pantry boxes in your area. Make sure that you have at least 35 different labels so more than one group can participate in the exercise.
- An EFNEP shopping list
- Samples of two incentives besides the list
- A sample certificate of completion
- Your datebook with two open choices for the group to choose from as scheduling options

Introduction:

The Expanded Food and Nutrition Education Program or EFNEP is a federally funded program conducted through the Extension Service. Since its beginning, EFNEP has made a difference in the lives of those in our nation with the fewest resources. Incorporated into each lesson is a physical activity component. Daily physical activity is as important as good nutrition. Each program is a series of eight lessons that take place in a variety of settings throughout the country. They are free of charge, an hour and a half long and usually taught in small groups. All parents receive free class materials, recipes, attendance incentives that relate to the lesson, and a certificate of completion.



Anchor:

How often do you plan meals ahead of time?

Take a minute or so to share your answer with your neighbor. Share why you do or do not plan meals.

Who would like to share?

Add:

Benefits of planning

- Planning helps avoid last minute trips to store by ensuring that necessary foods are on hand
- Planning helps use food dollars wisely. Plan use of left overs (freeze, new dish)
- We are more likely to have healthy snacks when we think about them ahead of time
- Planning saves money by making use of lists. Buy only what is on list.
- Planning saves time because you can plan a route in the store and around town.

Apply:

You will notice that on your tables there are items that you currently distribute to pantry clients. Please work together as a group for the next few minutes to plan two meals using what you have. Keep in mind that the foods you find on your table are meal starters. Add fruits, vegetables, grains, or protein foods to make a nutritionally sound meal. Please think of foods that you have at home or foods that you will need to purchase. Please write down the menu as you develop it. Mark items that you will need to purchase to complete the meals. Consider this: county residents who participate in the Supplemental Nutrition Assistance Program or SNAP receive an average of \$3.24 per person per day for food. That's right, \$3.24 per person, per day. Who will share a meal that they were able to make? What items will you have to purchase to complete the meal?

Away:

Participants of the EFNEP Program frequently deal with the situation that you have just experienced. I would challenge you to try planning meals for one week for your own family and talk about the benefits you realized. Together, with your support and promotion, we can provide this educational opportunity to more county residents. I have two class times that you may choose from today to offer your clients.

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