

MAKING THE MOST OF FOOD

Lesson 6: Food Purchasing

Date: ___/___/_____ Borough: MN BX BK QN SI

Educator(s) Name(s): _____

Host Site: _____

Every Session Kit:

- | | |
|-----------------------|----------------------|
| - MyPyramid poster | - Fight BAC! Poster |
| - Post-it® Notes | - Name Tags |
| - Dry measuring cups | - Measuring spoons |
| - Liq. measuring cups | - Markers, Tape |
| - ESNY! Tablecloth | - Cornell sign |
| - Food Models | - Golf Pencils |
| - Plastic Tablecloth | - Post-it® Flipchart |
| - Flowers/Decoration | - Lively Music |

Objectives:

By participating in today's lesson, participants will:

1. **List** 3 tips they can do to save money when purchasing foods.
2. **Plan** a nutritionally-balanced meal on a budget.
3. **Prepare** a meal from foods on-hand incorporating strategies from this lesson.

Suggested Incentive: Wallet/Shopping Bag

INTRODUCTION & REVIEW

Welcome the participants.

Ask the following open-ended questions and record any responses below:

- Recall the elements of menu planning that we discussed during the last session. Which one(s) have you incorporated into your family or feeding program meals?

- Who would like to share an example of how you have been modifying recipes at home or in your feeding program to reduce sugar, sodium, and fat content?

Answer any questions in the Parking Lot from the previous session.

ANCHOR

Turn to a partner and discuss when buying foods for your home or your food assistance program, what are the most important things you use to make your decisions?

Who would like to share their ideas?

ADD

Tips for Saving Money While Grocery Shopping

Divide participants into 3 groups. Provide each group with a several tips for saving money while grocery shopping. Assign each group to discuss the tip that is highlighted on the list and how it applies to what they have been learning in previous sessions. Note: Each participant will be given a complete list of tips after the activity is completed.

Have each group report their findings. Which tips, if any, will participants incorporate into their personal shopping habits?

Celebrating Nutritiously: Preparing for Your Graduation

Remind participants to bring in a recipe from home to modify for the Graduation Celebration.

PHYSICAL ACTIVITY

Options:

- Dancing
- Chair Exercises
- Walking in Place

APPLY

Planning Meals on a Budget

Invite participants to brainstorm the contents of a typical food pantry bag for a family of three (two adults, one child). The facilitator should write the foods on a flipchart for all to see.

Keep participants in the same 3 groups. Distribute grocery store flyers. Challenge them to create meals for three days with only \$20, meeting the adult and child MyPyramid Guidelines. Have them record their three days of meals and snacks on flipchart paper. Note that the foods listed as part of the food pantry package can be used for “free.” Participants can also use the leftovers from one meal to offset the cost of another meal.

Have participants create a shopping list for the foods they need to buy to prepare the meals (keeping track of the total amount of money they spent).

What did you think of this activity? How “easy” was this activity to do?

Who would like to share what they discovered?

5-Minute Break.

FOOD PREPARATION

Divide participants into small groups. Provide each group with a few staple items usually available at a food pantries and soup kitchens (provided by the participants). These foods can be complemented with fresh fruits and vegetables and other foods not regularly available at emergency food programs (from the facilitator). Challenge each group to prepare a dish from these foods, keeping in mind making low-cost and healthy recipes.

Have each group give their dish a name and describe its contents to the other groups. Then have participants taste the recipes and give their comments.

Following the food preparation, ask some of the following questions:

- How could you make your recipes more cost-effective/low-cost?
- Which of these ingredients could you buy in bulk?
- For what meal/snack might you enjoy this recipe?
- Which food groups do you see in the recipes you prepared?
- Describe the color, texture, aroma, and taste of your recipe.
- What would you add to this recipe? What would you change?

AWAY

Write the following questions on a flipchart. Have participants write their responses on Post-it® notes and place them below each question on the flipchart (one Post-it® per question). Group the Post-it® notes by question and place in an envelope. Attach the envelope to the lesson plan.

- Which tips(s) involved in managing your food dollars/resources will you apply with your family and/or your food pantry/soup kitchen?
- Which tip do you see as the most important in helping your family and/or food pantry/soup kitchen?

FEEDBACK

Have participants fill-out the Feedback Form provided.

Explain that any questions posted in the Parking Lot will be answered at the beginning of the next session.

Please remind them to bring one item each from their emergency food assistance program for next week's food preparation. Also remind them to bring in a recipe for the Graduation Celebration.

Please be sure to fill-out the *Participant Successes and Comments* immediately after the class to recount participant comments and progress. This information will be very useful in writing Success Stories or Impact Statements.

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Materials List

- Every Session Kit
- Questions from previous session (with answers ready for participants)
- *Tips for Saving Money while Grocery Shopping* list
- Grocery Store flyers
- *Sense-sational Foods* poster
- Chart of Adult and Child MyPyramid Guidelines (taken from the two MyPyramids)
- Plates
- Eating Utensils
- Cups
- Napkins
- Kitchen equipment needed for recipes (use your own materials and consult with your site contact to borrow equipment from the host facility)
- Post-it® notes
- Pencils
- Feedback Forms
- Gloves & hairnets

