



Unit 7

Planning meals and snacks and shopping for food

Outcomes of Unit 7

- Know the benefits of planning meals ahead: saving time and money, improved nutrition
- Demonstrate how to plan meals and snacks that meet *MyPyramid* recommendations
- Know several money-saving tips
- Know several grocery shopping strategies



Overview

This unit is different from the previous units. Rather than learning about nutrition, now we will use what was learned and make decisions for planning meals and shopping for food.



Reading Assignments

Put a check mark in the box as you complete each of these

- WNEP booklet **Stretching Your Food Dollars**
<http://learningstore.uwex.edu/pdf/B3487.pdf>
This booklet gives a good overview of the topics of this unit – stretching food dollars, planning meals for good nutrition, planning meals to save time and money, ideas for meals, making and using a grocery list.
- Review the “What counts as one...” and “Tips to help you eat...” topics in each food group section of the **MyPyramid Educator Reference Handbook**
- The ADA Complete Food and Nutrition Guide, 3rd edition.** Read pages 231-242 in Chapter 10, **Planning to Eat Smart.**
- The ADA Complete Food and Nutrition Guide, 3rd edition.** Read pages 255-279 in Chapter 11, **Supermarket Smarts.**



Learning Activities

Put a check mark in the box as you complete each of these

Planning Meals and Snacks Activity, page 13, Stretching Your Food Dollar

Use a Planning Meals and Snacks – Worksheet to plan three meals and a snack for Susan and her children. In place of the Food Guide Pyramid that appears on page 12, refer to the appropriate MyPyramid food intake patterns for Susan and her children.

“Your nutrition check-up: What’s in your shopping cart?”, page 244-245, The ADA Complete Food and Nutrition Guide, 3rd edition

For each category, choose two or three items that you think are the most important behaviors to practice, that you would emphasize in your teaching. Why did you choose these and why would you emphasize these when you are teaching?

Teach

Practice teaching **one** of the following lessons from “*Money for Food*”: 5, 6, 7, 8, 10, or 11. (*Please use your County Extension Office’s copy and bring with you to the training*)

Or

Use the Family Meals lesson from “*Loving Your Family Feeding Their Future*” *USDA publication sent to counties in late summer of 2007.*

Try a recipe!

Look at the recipes that are in the WNEP Booklets and “*Loving Your Family, Feeding their Futures*” cover. Write your observations about these recipes and choose one to try out this week. Write comments that describe the recipe you tried, how your family, what comments they had, accepted it and any other comments about the recipe. What are the qualities of these recipes that make them appropriate for limited income families?



What are three benefits of planning meals ahead?

What are some of the barriers to planning meals?

What are some money saving tips you remember from the readings?

Why should anyone use MyPyramid for planning meals and shopping for food?

What are some grocery shopping strategies you remember from the readings?