INTRODUCTION

The goal of the “Money for Food” Curriculum is to help families with limited resources become more food secure. The means for reaching this goal education is about managing family resources to better enable participating families to purchase adequate, nutritious food throughout the month.

The Money for Food lessons are designed for use with food stamp eligible families, but are usable with all limited resource audiences.

Lesson Format

Money for Food is a series of short interactive lessons using learner centered approaches to teach about planning meals and spending money for food. Most lessons are designed to be taught in 20 minutes or less. Lessons are designed to be taught in small group settings; most are adaptable for teaching individual participants.

Educators may choose to teach some or all of the lessons. It is not necessary to teach the lessons in numerical order; however Lessons 2A, 2B and 2C should be taught in order.

Each lesson includes:

• Teaching Guide for the Educator
• Worksheets and/or handouts
• Activities and games, including all components and directions for session discussions
• Evaluation questions and tools.

Lesson Content

Consumers who are knowledgeable about basic family resource management and food shopping practices will be better able to provide nutritious and adequate food for their families, leading to improved food security.

Many food stamp participants are savvy shoppers who take care to get the most for their food dollar. Many are aware of, and use, various resource management and food shopping strategies to stretch their food dollars; but many other families report that they frequently or occasionally run out of food, or eat less than they should because of lack of resources.

Certain resource management and food shopping strategies are associated with being better able to have food last through the month. These skills and strategies are the focus of the Money for Food lessons:

1. having a written spending plan, including an amount set aside to spend for food each week or month;
2. shopping for food more than once a month;
3. planning meals before shopping—either as a written menu plan, or “in my head;”
4. buying food that is on a list—either a written list or a mental list of foods needed;
5. stocking up on basic or frequently used foods when they are on sale, or at a good price;
6. identifying and using community food resources.
Educational and skill building activities around resource management and food shopping strategies will encourage participants to incorporate these practices into their lifestyle. Families who learn and use several of the strategies and skills will be better able to obtain adequate food and make it last throughout the month.