

MAKING A GROCERY LIST

LESSON 8 OF MONEY FOR FOOD

Learner Objective

- Participants will prepare a grocery list of foods needed for family meals for at least 3 days, based on planned meals and snacks.

Teaching materials needed

- Meal cards (cut apart) – 1 to 3 per participant. Select the meal cards you wish to use, giving consideration to the preparation skills of the learners. If teaching in a one-to-one situation, consider using 2-3 meal cards, one at a time.
- Handouts:
 “What’s in the Kitchen?” 1 per participant. This represents foods someone might have in their kitchen.
 “Grocery list” 2 per participant
- “Making a Grocery List” poster or overhead (optional)
- Flipchart or whiteboard with markers

Teaching Lesson 8

1. Introduce the lesson by asking participants to think of a time when they went shopping without a grocery list. What happened? Ask a couple of participants to share with group.
2. Talk with participants about how a grocery list can help save both time and money at the store. Allow participants opportunity to share some ways using a list could help them.
3. Let participants know that today they can go through the steps for preparing a grocery list. Ask participants what they would like to get out of this session. Record responses on flipchart or whiteboard. Use this as an introduction into the activity that follows.
4. Making a Grocery List—Activity
 - Distribute handouts “What’s in the Kitchen?” and “Grocery List” to participants or ask participants to list items they or someone might have on hand in their kitchen. A total group activity could also be conducted in which items could be listed on flip charts.
 - Distribute one to three meal card(s) to each participant or small group. Each meal card contains a recipe and menu suggestions. On the right-hand side of the card there is an ingredient list for the entire meal.
 - Ask each small group or participant to practice making out a grocery list by working through the steps in making a grocery list as given in the “Making a Grocery List” chart. Provide the steps in either a handout or written out on flip chart or whiteboard:
 - Step 1. Check to see what you already have – in your kitchen cupboards, refrigerator or freezer by using the “What’s in the Kitchen?” handout or list they developed individually or as a group. Participants place a check by the items needed for the meal on the selected card that are in the kitchen. At the same time, cross the items off on “What’s in the Kitchen?” or on their list indicating that the food will be used.

- Step 2. Using the “Grocery List” handout, write down the items that would need to be purchased in order to make this meal.
- Step 3. Think about foods you will need for breakfast (for up to three days). Are they in the kitchen, or do they need to be added to the list?
- Step 4. Think about foods you will need for lunches (for up to three days). Are they in the kitchen, or do they need to be added to the list? Might there be leftovers for lunches?
- Step 5. Think about foods you will need for snacks. Again, are they in the kitchen, or do they need to be added to the list?
5. Review and share other helpful hints about grocery shopping lists as a total group or have participants work in small groups and share out. Use this activity to create a list of ideas and write them on a flipchart.

These may include:

- When you are getting low on a basic food (like flour, cornmeal, sugar or salt) add that food to your list for the week.
 - Write the list in the order in which you find foods in the store where you shop.
 - Write your list on the back of an old envelope (you can put coupons you plan to use in the envelope)
 - Make your list as specific as possible. Include amounts needed.
 - Use a pen or pencil to cross items off your list as you shop.
4. Give each participant a clean copy of the Grocery List handout to use at home, if they would like to try it.

Concluding Lesson 8

Before asking the end of session evaluation questions, say the following to the learners:

“I am going to ask you a couple questions that will help us see what you have heard today. You do not have to answer the questions if you don’t want to. All of your answers will be private.”

End of session questions for Lesson 8:

- Have you learned at least one new thing about making a grocery list?

Record participant responses and other information about the lesson on the Educator Notes form.

Do not record individual learner’s names on evaluation forms or questions. Do not share individual answers or comments made by the learners with other teachers or staff.

MAKING A GROCERY LIST

Step 1. Check to see what you have on-hand

Step 2. Look at ingredients needed to fix main meals you have planned.

Write on the list any foods that you don't already have.

Step 3. Write breakfast foods on your list

Step 4. Write foods for lunches on your list.

Step 5. Write foods for snacks on your list.

RECIPES — PAGE 1 OF 3

<p>Meat Loaf 1 small onion ¼ teaspoon pepper 1 stalk celery ¾ cup quick-cooking oatmeal 2 eggs, beaten 1½ pounds lean ground beef or ground turkey ½ cup catsup Chop onion and celery. Mix all ingredients together. Shape into a loaf and place in 9x5x3 inch baking pan. Bake at 350° for about 1 hour. <i>Makes 8 servings, 300 calories; 17g. fat per serving</i></p>	<p>Foods Needed 1½ pounds lean ground beef or turkey ¾ cup oatmeal ¼ teaspoon pepper ½ cup catsup 2 eggs 1 stalk celery 1 small onion</p>
<p>Menu Suggestion: Meat Loaf Baked Potatoes Green Beans Bread or rolls Baked Apples Low fat Milk</p>	<p>4 baking potatoes green beans – frozen or canned bread or rolls 4 Tablespoons brown sugar cinnamon 4 apples Low fat milk</p>
<p>Oven Stew 1½ pounds lean meat (beef or venison), cut into chunks 2 medium onions, chopped 3 stalks celery, sliced 4 medium carrots, sliced 1 cup (8 oz. can) tomato sauce 1 teaspoon salt (optional) 1 Tablespoon sugar ¼ teaspoon pepper ½ teaspoon basil 2 medium potatoes, cut in 1-inch chunks 1 cup frozen peas Combine all the ingredients, except potatoes and peas, in a 2-½ quart casserole. Cover and cook in 300° oven for 1½ hours. Add potatoes and peas to stew and cook uncovered 1 hour longer. Stir occasionally. <i>Makes 8 servings, 342 calories; 16 g. fat per serving</i></p>	<p>Foods Needed 1½ pounds lean beef or venison 2 onions 3 stalks celery 4 medium carrots 2 medium potatoes 1 cup frozen peas 1 Tablespoon sugar 1 teaspoon salt ¼ teaspoon pepper ½ teaspoon basil 8 ounce can tomato sauce</p>
<p>Menu Suggestion: Oven Stew Biscuits Tossed Salad with Dressing Pudding Iced tea or low fat milk</p>	<p>1 tube refrigerated biscuits lettuce, tomato, salad dressing pudding mix 2 cups milk iced tea or low fat milk</p>

RECIPES — PAGE 2 OF 3

<p>Broccoli, Rice & Cheese Casserole</p> <p>¼ cup green pepper, chopped 1 cup (4 oz.) cheddar or colby cheese, shredded ½ cup onion, chopped 1 10 ounce can condensed cream soup - (mushroom, chicken or celery work well) ¼ cup celery, chopped 2 cups cooked rice 1 package (10 ounces) frozen chopped broccoli ½ cup low fat milk</p> <p>Mix all ingredients together in a 2-quart casserole. Bake at 350° for 20 to 30 minutes.</p> <p><i>Makes 6 servings, 241 calories; 10 g fat per serving</i></p>	<p>Foods Needed</p> <p>½ green pepper 1 small onion 1 stalk celery 2 cups cooked rice ½ cup low fat milk 1 cup cheddar or colby cheese, shredded 1 can cream soup 1 package frozen chopped broccoli</p>
<p>Menu Suggestion:</p> <p>Baked Chicken Broccoli, Rice & Cheese Casserole Whole Grain Bread Carrot sticks Oatmeal Cookies Low fat Milk</p>	<p>2-½ to 3 pounds chicken Whole Grain bread fresh carrots 1 package oatmeal cookies or ingredients to bake them Low fat milk</p>
<p>Graham Cracker Apple Pie</p> <p>5 whole graham crackers 4 Tablespoons margarine, melted 2 cups unsweetened applesauce 2 Tablespoons brown sugar</p> <p>Crush graham crackers into fine crumbs. Add melted margarine and mix well. Save ¼ cup of the mixture for the top of the pie and press the rest onto bottom and sides of a 9-inch round pie pan. Mix applesauce and brown sugar. Pour into crust. Sprinkle with saved graham cracker crumbs. Bake at 350 degrees for 10-12 minutes. Cool in refrigerator before cutting.</p> <p><i>Makes 6 servings, 167 calories; 9 g fat per serving</i></p>	<p>Foods Needed</p> <p>graham crackers – 5 margarine – 4 tablespoons apple sauce (unsweetened) – 2 cups brown sugar</p>
<p>Menu Suggestion:</p> <p>Spaghetti with meat sauce Spinach Whole grain dinner roll Graham cracker apple pie Low fat Milk</p>	<p>prepared spaghetti sauce ½ pound lean ground meat spaghetti noodles whole grain dinner roll low fat milk spinach – canned, frozen or fresh</p>

RECIPES — PAGE 3 OF 3

<p>Oven French Fries 4 medium potatoes with skin Unsalted 1 Tablespoon oil (Canola or Safflower)</p> <p>Preheat oven to 425 degrees. Cut potatoes into long strips about ½ inch thick. (Can peel the potatoes, but don't have to.) Dry strips well on paper towels. (Potatoes will stick to pan if not dry enough.) Toss potato strips in a bowl with the oil as if tossing a salad. When potatoes are coated well, spread them in a single layer on a cookie sheet. Place in oven. Bake for 35 to 40 minutes, turning now and then so they brown on all sides.</p> <p><i>Makes 6 servings, 128 calories; 2.5 g fat per serving</i></p>	<p>Foods Needed potatoes – 4 vegetable oil</p>
<p>Menu Suggestion: Hamburgers on a bun Oven French fries Raw vegetables Chocolate pudding with sliced bananas Low fat Milk</p>	<p>Lean hamburger or ground beef Whole grain hamburger buns fresh carrots, celery, and/or green peppers chocolate pudding mix ½ banana per person Low fat milk</p>
<p>Chicken Pot Pie 1 15 ounce can mixed vegetables, drained 1½ cups cooked chicken, cut up 1 can Cream of Chicken soup ⅓ to ½ cup of low fat or skim milk or water from vegetables 1 8oz. package of refrigerated biscuits</p> <p>Preheat oven to 400 degrees. Mix soup and milk (or water from vegetables) in large bowl. Add chicken and vegetables. Stir lightly. Pour into casserole dish. Flatten biscuits and put on top of mixture. Bake 10 minutes – until biscuits are brown. Turn biscuits over and bake for 5 more minutes.</p> <p><i>Makes 6 servings, 300 calories; 14 g fat per serving</i></p>	<p>Foods Needed cooked chicken – 1½ cups cream of chicken soup 15 ounce can of mixed vegetables 1 package refrigerated biscuits</p>
<p>Menu Suggestion: Chicken Pot Pie Dark Green leafy salad Orange smoothie</p>	<p>Dark green leafy salad greens Low fat salad dressing frozen orange juice concentrate low fat milk</p>

GROCERY LIST

Fresh Fruits and Vegetables

Canned Foods

Staples, Dry Beans, and Peas

Refrigerated Foods and Dairy Products

Frozen Foods

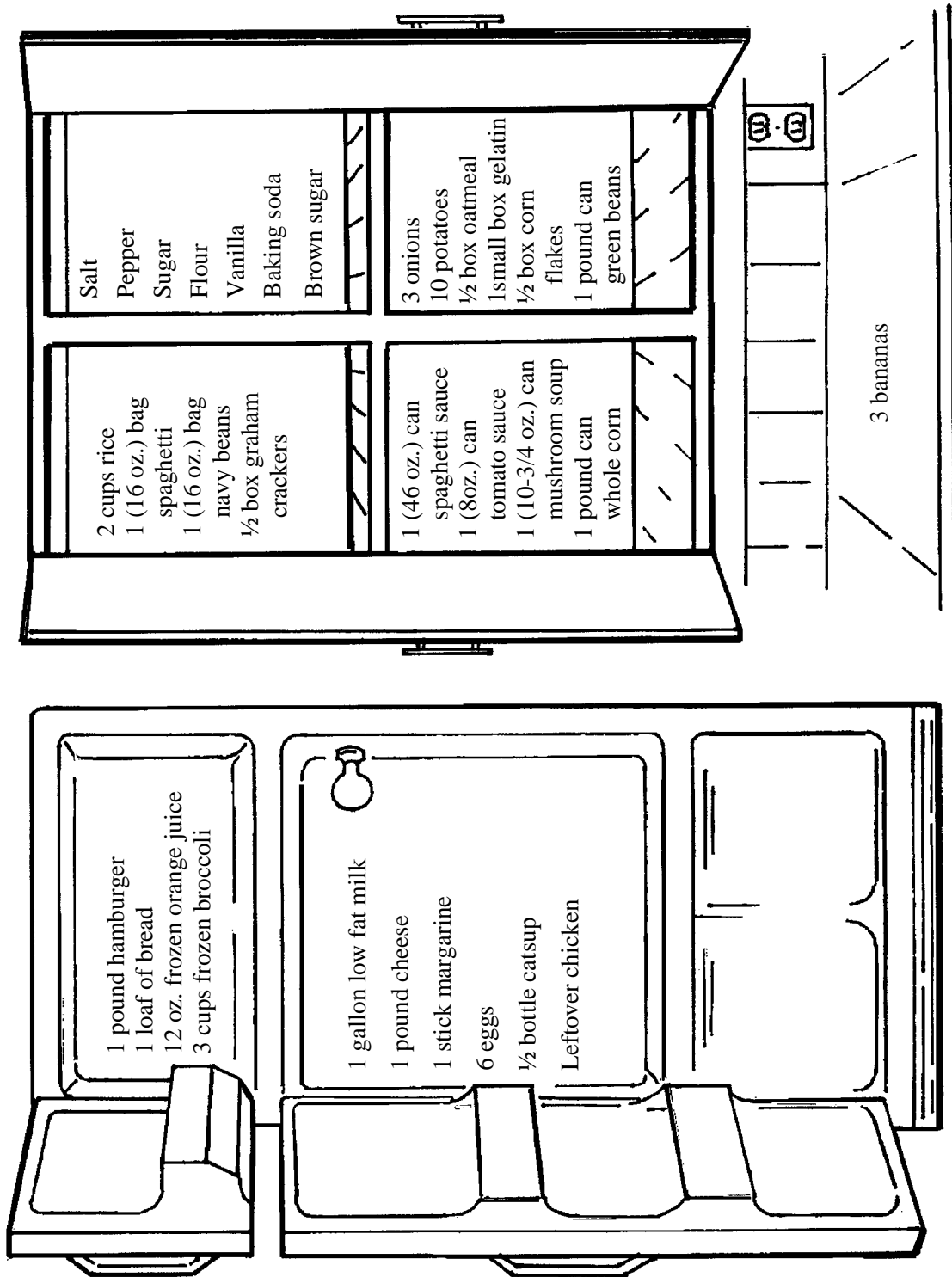
Meats

Grains (Breads, Cereals, and Pasta)

Paper and Non-food Items

Other

What's in the Kitchen?



COMMENT FORM

Today's topic was "Making a Grocery List"

We are very interested in your comments about today's lesson. Your completion of this form is voluntary and implies your consent to participate. All answers will be confidential to the extent allowed by law. Summary reports or other uses of the information will not identify you in any way. We may use your comments to help us describe the work that we do and to make future lessons better. If you have any questions, please contact Shelley King-Curry, (608) 265-5069
Thank you!

How helpful was the lesson today?

- very helpful
- helpful
- somewhat helpful
- not helpful

Write one thing that you learned today that you will try to do at home:

Please share if there was something you wanted to get out of this session that was not covered that would have met your needs?

