

## MAKING CHOICES TO SAVE MONEY ON FOOD

### LESSON 10 OF MONEY FOR FOOD

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#### Learner Objectives

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- Participant will practice using in-store special announcements and coupons to make good use of food dollars

#### Teaching materials needed

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- Coupon and in-store specials cards - copy and cut-out the coupons and in-store specials cards, **OR** use actual coupons and grocery store advertisements of specials.
- Coupons, grocery store advertisements, and in-store special announcements from local grocery stores (optional)
- “Is this a Good Deal?” handout—one for each participant.  
(Note: Save printing costs by laminating or using a plastic sheet protector on handouts and marking with an erasable marker so that handouts can be used multiple times.)
- Flipchart or whiteboard with markers.

#### Teaching Lesson 10

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1. Ask participants to think about how they have used coupons and in-store specials when food shopping and then share with someone sitting near them.
2. Share with participants the topic for today’s session using in-store specials and coupons for saving money at the grocery store does involve planning and strategy. Ask participants what they would like to get out of this session. Record on the board or on a flipchart.
3. Introduce the lesson by saying:
 

Taking time to clip coupons from magazines and newspapers for items in the amounts that they can actually use and reviewing store flyers before going shopping does lead to savings at the grocery store. Many times there are in-store specials, and manufacturer specials on item labels. If you come across these in the store for items you often use, these can be a good buy even if you don’t need them at this time. Keep in mind the amount of available storage you have at home and if the item(s) will keep. Using grocery store savings cards can also save you money. Oftentimes the store specials are only available to you with the store savings card. These are usually free to obtain. Its very important when using the store savings card to note if the discounts were taken. Therefore, its very important to review your grocery bill after shopping to make sure all savings were applied.
4. Activity: Coupons and Specials—Is this a Good Deal?
  - Distribute worksheet to participants.
  - Distribute 3 or 4 coupons or in-store specials to participants.
  - For each coupon or special, have the participants answer the questions on the handout.
  - Encourage participants to share their decision on if the coupon or special is a good deal. Why or why not? How did they decide?

\*Note to Educator: Some of the items on the sample coupons are foods that would **not** always be good choices for a family that is trying to spend food dollars wisely.

## Concluding Lesson 10

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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 10:

**Did you hear something new about store specials and coupons that will help you save when using your food dollars?**

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.

## COUPONS AND SPECIALS — IS THIS A GOOD DEAL?











For each coupon or special:

- Write the name of the food in the top row
- Answer the questions
- Make a decision — is this a good deal for you?

<b>Name of the food:</b>						
Do I need a coupon?	Yes: <input type="checkbox"/>	No: <input type="checkbox"/>	Yes: <input type="checkbox"/>	No: <input type="checkbox"/>	Yes: <input type="checkbox"/>	No: <input type="checkbox"/>
Is this a food I normally use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is this food perishable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is this a good price compared to a store-brand or low-cost brand of this food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>Make a decision:</b>	<b>Yes:</b>	<b>No:</b>	<b>Yes:</b>	<b>No:</b>	<b>Yes:</b>	<b>No:</b>
<b>Would I use this coupon or special?</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**COUPONS AND SPECIALS – PAGE 1 OF 2**

<p style="text-align: center;">In-Store Coupon</p> <p style="text-align: center;"><b>Asparagus</b></p> <p style="text-align: center;"><b>\$2.99 lb.</b></p> 	<p style="text-align: center;">In-Store Coupon</p> <p style="text-align: center;"><b>Cauliflower</b></p> <p style="text-align: center;"><b>1.19¢ lb.</b></p> 
<p style="text-align: center;"><b>Tomato Sauce</b></p> <p style="text-align: center;">16 oz. can</p> <p style="text-align: center;"><b>59¢</b></p> 	<p style="text-align: center;"><b>Bagels</b></p> <p style="text-align: center;"><b>99¢</b></p> 
<p style="text-align: center;">Manufacturer Coupon    Expiration Date 11/1/XX</p> <hr/> <p style="text-align: center;"><b>Bread</b></p> <p style="text-align: center;"><i>Save \$.40 on any loaf of Bread</i></p> 	<p style="text-align: center;"><b>Fresh T-Bone Steak</b></p>  <p style="text-align: center;"><b>Sale Price</b> <b>\$4.29 per lb.</b></p>
<p style="text-align: center;">Manufacturer Coupon    Expiration Date 12/31/XX</p>  <p style="text-align: center;"><i>Save 35¢</i></p>	<p style="text-align: center;">In-Store Coupon</p>  <p style="text-align: center;"><b>Red Seedless Grapes</b></p> <p style="text-align: center;"><b>99¢ lb.</b></p> <p style="text-align: center;">Limit 3 pounds with coupon</p>
 <p style="text-align: center;"><b>Colby Block Cheese</b></p> <p style="text-align: center;"><b>\$4.99 lb.</b></p>	<p style="text-align: center;">In-Store Coupon    Expires</p>  <p style="text-align: center;"><b>Fresh Pumpkin Pie</b></p> <p style="text-align: center;"><b>\$4.59 each</b></p>

**COUPONS AND SPECIALS – PAGE 2 OF 2**

<p style="text-align: center;"><b>In-Store Special</b> Freshly Sliced Baked Ham</p>  <p style="text-align: center;"><b>\$3.99 lb.</b></p>	<p style="border: 1px solid black; padding: 5px;">Manufacturers Coupon Expires 1/31/XX</p>  <p style="text-align: center;"><b>EGGS</b> Save 20¢</p>
<p style="border: 1px solid black; padding: 5px;">Manufacturers Coupon No Expiration Date</p>  <p style="text-align: center;"><b>Cola</b></p> <p style="text-align: center;">12-pack of Soda Pop Save \$.1.25</p>	<p style="text-align: center;"><b>All Pre-Packaged Gift Packages</b></p>  <p style="text-align: center;">20% off (good through 12/31/XX)</p>
 <p style="text-align: center;"><b>Fresh Ripe Tomatoes</b></p> <p style="text-align: center;"><b>\$.79 lb.</b></p>	 <p style="text-align: center;"><b>Idaho Potatoes</b> 5 lb. Bag <b>\$1<sup>99</sup></b></p>
<p style="border: 1px solid black; padding: 5px;">In-Store Coupon Expires 12/31/XX</p>  <p style="text-align: center;"><b>Choice of Holiday Cookies</b> Selected 12 ct. Varieties <b>2/ \$5</b></p>	<p style="text-align: center;"><b>Fresh Sweet Corn</b></p> <p style="text-align: center;"><b>8/ \$2</b></p> 
 <p style="text-align: center;"><b>Fresh Squash</b> Your Choice <b>\$.69 per lb.</b></p>	 <p style="text-align: center;"><b>Carrots</b> <b>\$.99/bunch</b> (good through 7/31/XX)</p>

## COMMENT FORM

### Today's topic was "Making Choices to Save Money on Food"

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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 at (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?

