

## FOOD SHOPPING TIPS

### LESSON 11 OF MONEY FOR FOOD

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#### Learner Objective

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- Participant will select, and plan to try, three or more shopping tips that can help save money when buying food.

#### Teaching materials needed

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- Game board (laminated).
- Envelope for each group containing a set of Shopping Tips Cards (Activity envelope).
- Pencils.
- Optional – Flip Chart or Board with markers (to record additional ideas)
- Handout: “To get the MOST for my money when food shopping I will try to…”

#### Teaching Lesson 11

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1. Ask participants to share with a partner about a time they got a really good deal when shopping.
2. Share with participants the topic for today’s session food shopping tips that can help save money when shopping for food. Ask participants what they would like to get out of this session. Record responses on the board or flipchart.
3. Introduce to participants steps to get the most for their food dollars by sharing the first step begins while at home with planning and checking for food items needed. Then before leaving home, it is important to make a list and check ads for specials and coupons for items on their list. While at the store, check in for specials for items often used and on their list. The last step is to safely handle and store the food they buy.
4. Ask participants to think about what step(s) they often take. Ask those who want to share to do so and say how this has helped them get more for their food dollars.
5. Ask the class to divide into groups of 3 to 4 people. Give each group an activity envelope and a game board.
6. The instructor should display a game board while explaining the three boxes on the board.
7. Within each group, the participants take one Shopping Tips Card at a time from the envelope and read it aloud. The group should discuss the tip and decide where to put it on the board.
8. After the time is used up, the groups can come back together for discussion. The instructor asks the group for additional tips and records them on a flip chart or board.
9. At the end of session suggest each person complete the goal sheet, “To get the MOST for my money when food shopping I will try to…”

## Concluding Lesson 11

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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 11:

- Did you hear at least 1 new way to get more for your food money that you plan to use in the next month or so? (refer to handout)

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.

## GETTING THE MOST FOR YOUR MONEY WHEN FOOD SHOPPING — GAME BOARD

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Place the Shopping Tips Cards on one of these three boxes:

**ALREADY DO IT**

**WILL TRY IT**

**NOT PRACTICAL FOR ME  
OR  
DON'T WANT TO DO IT**

**Shopping Tips – Page 1:** Make backed copies, cut on lines and put in envelopes.

Buy day-old bread or rolls—use them quickly, freeze them, or use them in recipes.	Buy plain quick cooking hot cereals such as oatmeal and add sugar, flavorings, fruit and other sweeteners yourself cost less than instant flavored ones.
Buy store brands instead of national brands – they often cost less.	Buy plain pasta shapes like macaroni – they are cheaper than fancy shapes.
Buy brown rice, regular white rice and converted rice – they cost less than instant rice.	Choose store brands of canned fruits and vegetables to get good quality at a lower price.
Buy plain frozen vegetables instead of ones with special sauces or seasonings.	Buy a boneless chuck roast to cut up for soup, stew and stir-fry.
Cut whole chicken into pieces yourself, it usually costs less.	Watch for special prices on meat, fish and chicken. Plan meals to use the type of meat you can buy at a good price.
Cut down on the amount of luncheon meat, hot dogs and sausages you buy. Pick store brands to save money.	Buy dried beans, peas and lentils to make hearty, low-cost soups and casseroles.
Buy the largest container of milk you can use by the date printed on the container.	Save money by buying a block of cheese and slicing or grating it yourself.

**Shopping Tips – Page 2:** Make backed copies, cut on lines and put in envelopes.

Buy fewer snacks and desserts that are high in sugar and fat, and cost a lot of money.	Bake cookies from recipes instead of buying mixes or ready-made cookies.
Buy paper products, tooth paste, soaps and shampoo at a discount store, if prices are less than at the grocery store.	Eat before going food shopping. If you are hungry, you will be more tempted to buy foods that are not on your list.
Shop alone, if possible. You will be less distracted.	If you shop with children, help them learn to be good shoppers.
Learn the layout of the store you usually shop at, so you can find foods quickly.	Go down only the aisles where you can find foods on you list. “Sight-seeing” in other aisles may tempt you to buy something you don’t need.
Use a calculator to keep a total of what you are spending as you put foods in your cart.	Buy fruits or vegetables from a farmer or at a farmer’s market.
Avoid foods packaged in individual servings—you pay a lot more for the extra packaging.	Pick your own berries, fruits or vegetables.
Buy fruits and vegetables that are in season.	Limit buying foods from the deli.

**Shopping Tips – Page 3:** Make backed copies, cut on lines and put in envelopes.

Use a grocery list every time you shop for food.	Know how much you can spend for food each week.
Use coupons for items you usually buy.	Buy foods displayed on end of the aisles only if they are really at a good price.
Look for in-store specials and coupons near the entrance of the store and throughout the aisles.	Check to see if multiple item specials are really a good price.
Buy foods that you use a lot in large size packages, only if you can use it all before it spoils.	Buy frozen juice concentrate instead of ready-to drink juice.
Use an envelope to hold your coupons and list when shopping.	Don't pay for food preparation that you can do yourself. For example, ground beef made into patties and vegetables that are cut and washed will cost more
If the store displays unit prices on the shelves, use this information to compare cost per ounce or cost per pound.	Buy some foods in bulk. Bulk foods are displayed in bins so you can select and package only the amount you need.

**Shopping Tips – Backs:** Make backed copies, cut on lines and put in envelopes.

<i><b>Shopping Tips</b></i> <small>MFF 11</small>	<i><b>Shopping Tips</b></i> <small>MFF 11</small>
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# GETTING THE MOST FOR YOUR MONEY WHEN FOOD SHOPPING

— HANDOUT      CUT ALONG DOTTED LINES TO MAKE TWO HANDOUTS

**To get the MOST  
for my money when  
food shopping  
I will try to...**

\$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

\$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

**To get the MOST  
for my money when  
food shopping  
I will try to...**

\$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

\$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

## COMMENT FORM

### Today's topic was "Food Shopping Tips"

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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, (608) 265-5069. Thank you!

How helpful was the lesson today?

- very helpful
- helpful
- somewhat helpful
- not helpful

Write one shopping tip that you heard 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?

