

EATING AWAY FROM HOME

LESSON 12 OF MONEY FOR FOOD

Learner Objectives

- Participant makes lower cost food choices when eating away from home.
- Participant includes meals eaten away from home when planning spending for food.

Teaching materials needed

- “Let’s Eat Out” situation cards (laminated)
- “I Say No” cards – one per participant
- “I Have a Better Idea” cards – one per participant
- Play money (bills and coins)
- Cost Comparison: Healthy Home Meal vs. Restaurant Handout
- Flipchart or whiteboard with markers

Background Information for the Educator:

This lesson uses the game “Let’s Eat Out” to illustrate the costs of eating meals away from home, especially when eating out is the result of not planning ahead (for example: You forgot to go to the store and decide to take your hungry family to the fast food place, on the spur of the moment).

It is anticipated that the game will generate healthy dialogue about eating out. The participants may especially have some good ideas for lower cost alternatives to some of the situations described in the game.

To ensure that the information shared during the discussion is accurate, it is important that the instructor is prepared and has some current information on the actual local costs of some of the situations described in the game. It may be necessary to change some of the details (i.e. costs) of some situations in order to be more realistic for your particular community.

Teaching Lesson 12

1. Ask participants to share with the person sitting next to them about a recent meal/snack eaten away from home.
2. Share the topic of the session, lower cost food choices when eating away from home with participants. Ask participants what they would like to know about this topic and record responses.
3. Introduce the topic by asking participants to create a list of ways they plan ahead for food they are going to eat. List all the answers that they can state in one minute on a flip chart or chalk board. (If the group is large, split into two smaller groups and see which group is able to generate a longer list.)

4. Transition the discussion to **eating away from home** with comments such as, “We also need to plan for the times when we will be eating away from home.”
5. Ask participants to state reasons for eating away from home. Write as many as possible on the flip chart or chalk board for all to see. Possible answers include: to save time, it is easier than cooking, I don’t like to cook, we often aren’t home when it is meal time, we can get foods that we can’t make at home, the kids like it better, etc.
6. Set up the game and introduce it as a fun way to think about the costs of eating away from home.
 - Place the situation cards face down on a table and encourage participants to gather around so all can see.
 - Give each participant \$25 (combination of coins and bills) in play money –this represents the amount of money each family has set aside to pay for food to be eaten away from home during the week.
 - Give each participant one “I Say No” card. This card can be used by the participant at any point in the game to avoid the temptation of eating out. Explain use of this card is similar to situations when it is necessary to say “no” to friends or children when eating out is not a good idea.
 - Give each participant one “I Have a Better Idea” card. Explain that this card can be used at any time during the game to respond to a Situation Card. If a participant uses a “Better Idea” card, he or she must share with the rest of the group an idea that would cost less than what is described in the Situation Card.
 - The first participant selects a situation card from the table and reads it aloud. The participant has three choices: do what the card says, use his or her “I Say No” card or use a “Better Idea” card to avoid spending money at that time.
 - After the participant decides what to do, encourage group discussion of the situation by asking questions such as: What similar situation have you been in? What could you do differently to save money if you are in a similar situation?
 - Continue until all Situation Cards are used.
7. Summarize strategies identified that can be used to keep the spending for food away from home from getting out of control:
 - set money aside each week or month and don’t spend over that amount for eating out.
 - take advantage of coupons or specials when eating out.
 - carry-out can be much less expensive than eating at the restaurant if you buy just part of the meal and fix other foods at home (ie. Fix a salad or fruit and milk instead of buying fries and soda)
 - take an apple or carrot sticks in your pocket, to eat along with your food when you eat out—you will need to order less, and your meal will be better for you.
 - Ask for other suggestions from participants.
8. Provide copies of “Cost Comparison: Healthy Home Meal vs. Restaurant” handout for participants to take with them.

Concluding Lesson 12

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 12:

- Have you heard at least one way to eat away from home once in a while without spending too much?
- If you use some of the ideas from this lesson to spend less on food away from home, how much money could you save in a week?

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.

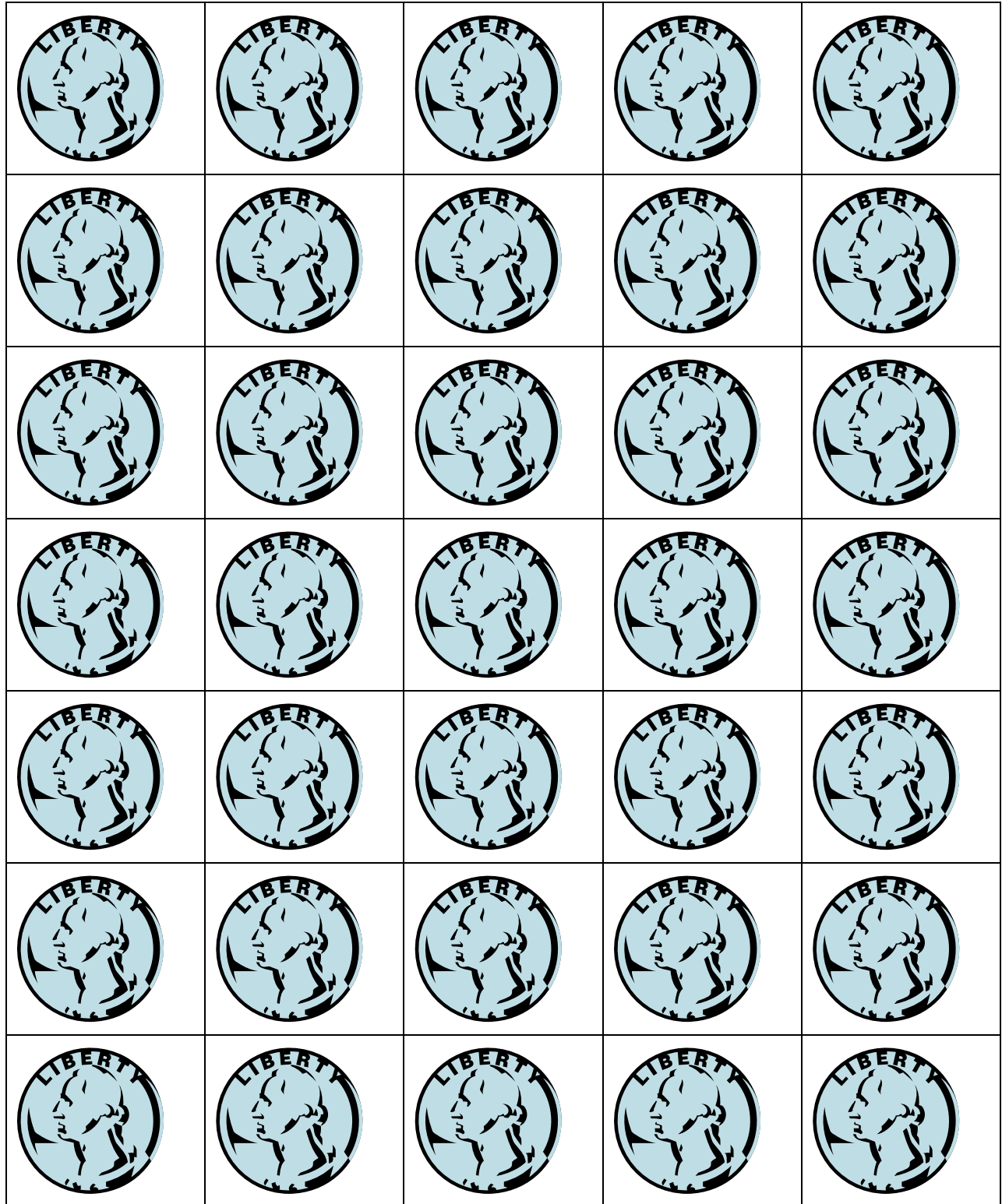
SITUATION CARDS — PAGE 1 OF 2

| | |
|---|--|
| <p>You take advantage of a “2 for 1” coupon and eat lunch with a friend at a local café.</p> <p style="text-align: center;">Spend \$5.00</p> <p style="text-align: right;">MFF 12</p> | <p>You don’t feel like cooking. Call for pizza to be delivered.</p> <p style="text-align: center;">Spend \$15.00</p> <p style="text-align: right;">MFF 12</p> |
| <p>No time to pack a lunch for work. You get chips and soda from the vending machine.</p> <p style="text-align: center;">Spend \$2.50</p> <p style="text-align: right;">MFF 12</p> | <p>You plan a family treat once a month and it is your son’s turn to pick the place. He wants to go to Dairy Treat. Costs you \$19.00, you have \$10.00 saved.</p> <p style="text-align: center;">Spend \$9.00</p> <p style="text-align: right;">MFF 12</p> |
| <p>You are worn out from job interviews. You see an ad for \$.99 hamburgers so you go to the drive-up window for 5 hamburgers. The fries and sodas tempt you and you buy them also.</p> <p style="text-align: center;">Spend \$15.00</p> <p style="text-align: right;">MFF 12</p> | <p>It is your day off. As a once a week treat, you take your 3 year-old son to a local restaurant and share an order of the daily special. Today it is spaghetti—his favorite.</p> <p style="text-align: center;">Spend \$5.50</p> <p style="text-align: right;">MFF 12</p> |
| <p>It is your daughter’s birthday. You take her and 4 friends to a fast food restaurant for lunch and a party.</p> <p style="text-align: center;">Spend \$20.00</p> <p style="text-align: right;">MFF 12</p> | <p>Your son earns a \$4.00 coupon for pizza by reading 10 books at school. Pizza costs \$15.00.</p> <p style="text-align: center;">Spend \$11.00</p> <p style="text-align: right;">MFF 12</p> |
| <p>You just got paid. Take your family to an all-you-can-eat buffet.</p> <p style="text-align: center;">Spend \$24.00</p> <p style="text-align: right;">MFF 12</p> | <p>You go shopping on your lunch break. Instead of eating lunch you buy a large candy bar and a soda.</p> <p style="text-align: center;">Spend \$2.50</p> <p style="text-align: right;">MFF 12</p> |

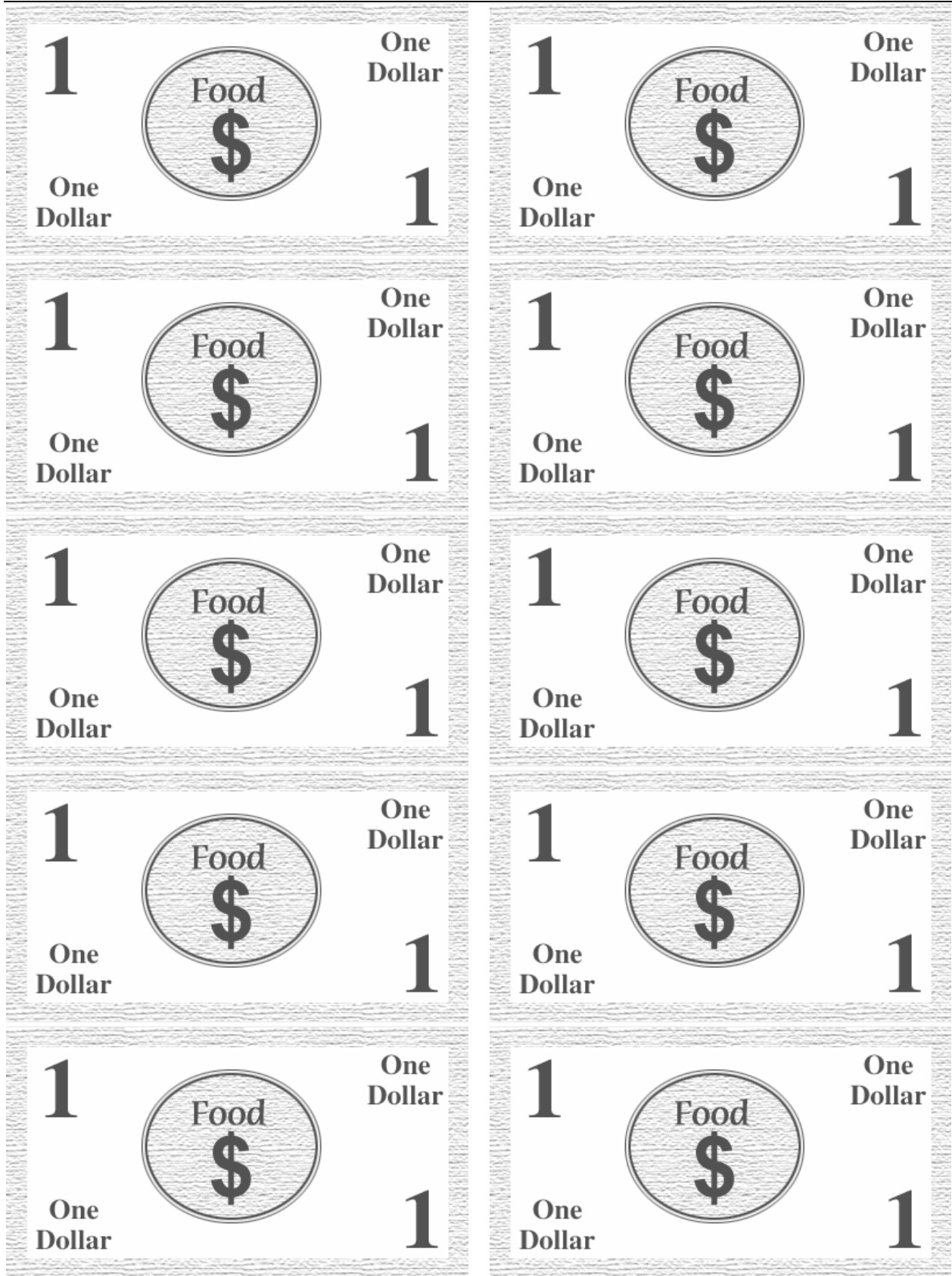
SITUATION CARDS — PAGE 2 OF 2

| | |
|---|---|
| <p>The school open house starts one hour after work. You pick up \$.69 hamburgers to eat at home. You fix carrot sticks, apple slices and glasses of milk to go with the hamburgers.</p> <p>Spend \$3.50</p> <p>MFF 12</p> | <p>Your daughter’s ball game runs late. You are all hungry so you pick up a bucket of chicken on the way home.</p> <p>Spend \$12.00</p> <p>MFF 12</p> |
| <p>You love the smell of brats cooking at the fund raising food stand. You buy two and enjoy.</p> <p>Spend \$4.00</p> <p>MFF 12</p> | <p>You take advantage of “taco Tuesday” at the local Mexican restaurant. You drink water instead of ordering soda.</p> <p>Spend \$2.00</p> <p>MFF 12</p> |
| <p>It is a beautiful sunny day. Your co-workers invite you to walk with them to get lunch at the deli two blocks away.</p> <p>Spend \$7.00</p> <p>MFF 12</p> | <p>It is Friday night. Your 15-year-old asks for money so he can eat with his friends on their way to the basketball game.</p> <p>Spend \$5.50</p> <p>MFF 12</p> |
| <p>MFF 12</p> | <p>MFF 12</p> |
| <p>MFF 12</p> | <p>MFF 12</p> |

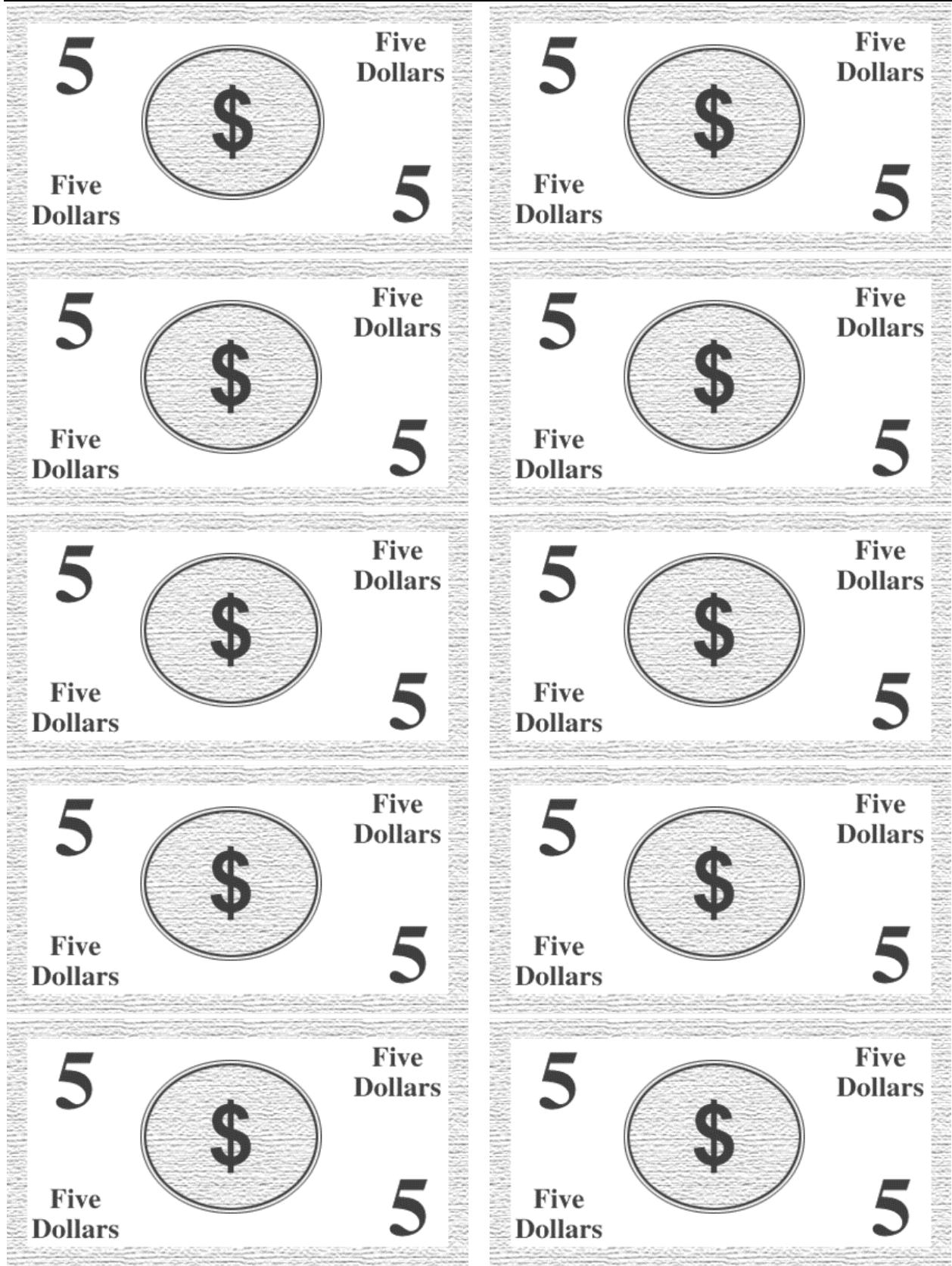
PLAY MONEY



PLAY MONEY



PLAY MONEY



| | |
|-------------------------------------|---|
| <p>I say "NO"</p> <p>MFF 12</p> | <p>I have a <i>Better Idea!</i></p> <p>MFF 12</p> |
| <p>I say "NO"</p> <p>MFF 12</p> | <p>I have a <i>Better Idea!</i></p> <p>MFF 12</p> |
| <p>I say "NO"</p> <p>MFF 12</p> | <p>I have a <i>Better Idea!</i></p> <p>MFF 12</p> |
| <p>I say "NO"</p> <p>MFF 12</p> | <p>I have a Better Idea!</p> <p>MFF 12</p> |
| <p>I say "NO"</p> <p>MFF 12</p> | <p>I have a <i>Better Idea!</i></p> <p>MFF 12</p> |

Cost Comparison: Healthy Home Meal vs. Restaurant

Breakfast:

| Breakfast Burrito | Home Price | Restaurant Price (McDonald's) |
|-----------------------|---------------|-------------------------------|
| 1- 6 inch Tortilla | \$0.19 | N/A |
| 1 egg | \$0.12 | N/A |
| 1 ounce cheese | \$0.22 | N/A |
| 2 tablespoon salsa | \$0.10 | N/A |
| 1 cup of orange juice | \$0.32 | N/A |
| TOTAL: | \$0.95 | \$1.49 |

| Fruit Smoothie | Home Price | Rocky Mountain Smoothie |
|-------------------------|---------------|-------------------------|
| 1 cup of milk, low fat | \$0.16 | N/A |
| 6 ounces low fat yogurt | \$0.48 | N/A |
| 1 banana | \$0.17 | N/A |
| ¼ cup Blueberries | \$0.17 | N/A |
| TOTAL: | \$0.98 | \$4.75 |

Lunch:

| Garden Salad with Chicken | Home Price | Wendy's: Mandarin Chicken |
|--------------------------------|---------------|---------------------------|
| 1 cup romaine Lettuce | \$0.25 | N/A |
| ½ cup carrot | \$0.10 | N/A |
| ¼ cup cucumber | \$0.20 | N/A |
| 4 ounce grilled chicken breast | \$0.76 | N/A |
| 2 Tablespoons low fat dressing | \$0.11 | N/A |
| ½ cup Wheat Thins | \$0.31 | N/A |
| TOTAL: | \$1.72 | \$4.29 |

Dinner:

| Hamburger with Baked Potato | Home Price | Wendy's: Classic With Potato |
|-----------------------------|---------------|------------------------------|
| Hamburger bun | \$0.10 | N/A |
| 3 ounce lean ground beef | \$0.40 | N/A |
| 1 fresh tomato slice | \$0.10 | N/A |
| ¼ cup romaine lettuce | \$0.05 | N/A |
| 1 baked potato | \$0.50 | N/A |
| TOTAL: | \$1.15 | \$3.99 |

| Apple with Caramel Sauce | Home Price | McDonald's: Apple Pie |
|--------------------------|---------------|-----------------------|
| 2.4 ounce sliced apples | \$0.15 | N/A |
| .8 ounce caramel sauce | \$0.13 | N/A |
| TOTAL: | \$0.28 | \$.99 |

| | | |
|---------------------|---------------|----------------|
| GRAND TOTAL: | \$5.08 | \$15.51 |
|---------------------|---------------|----------------|

COMMENT FORM

Today's topic was "Eating Away from Home"

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 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?

EDUCATOR NOTES – LESSON 12

Educator name: _____

County: _____

Date: _____

Location: _____

Number in group (enter “1” if individual learner) _____

Participant responses to “Concluding the lesson” questions:

Have you heard at least one way to eat away from home once in a while without spending too much?

Enter number of participants

“YES” _____

“NO” _____

“Unsure” or “Don’t know” _____

If you use some of the ideas from this lesson to spend less on food away from home, how much money could you save in a week?

Enter number of participants

“\$5 - \$10” _____

“\$1 - \$4” _____

“Unsure” or “Don’t know” _____

Educator assessment of the lesson and how lesson was received by participants:

Other comments from participants:

Note to Educator:

Complete this form after each time you teach this lesson. Turn in to your supervisor.