

Plan, Shop, Save & Cook

Adult Family Nutrition and Education Program

Learn more about growing healthy kids' at: www.growhappykids.org



SNAP-Ed

WASHINGTON STATE UNIVERSITY
EXTENSION

PSSC OBJECTIVES

WEEK 1 Planning Meals

Planning meals saves time and money, and better utilizes available foods.

Shopping with a grocery list saves time and money.

Budgeting and planning will help use food dollars wisely, lasting longer.

Helps insure meals and snacks are healthier.

Participants will be able to:

- Create a meal plan for one meal based on sale items from store ads.
- Write a shopping list for one meal.

WEEK 2 Using Food Labels

Food labels help you make better choices.

Understand serving sizes in relation to nutrition facts.

Understand natural sugar and limit added sugar.

Participants will be able to:

- Use the Nutrition Facts and ingredient list on a food label to make a healthier choice.
- Identify if their usual portion of cereal is different than the listed serving size on the label.
- Choose a cereal with six grams or less of sugar per serving.

WEEK 3 Saving Money

Learn ways to save money while shopping for food.

Understand unit pricing and how to use it to compare costs.

Cost saving options using coupons, store brands, bulk bins, fresh vs frozen options and more.

Participants will be able to:

- Select the lowest cost option when buying healthy foods.

WEEK 4 Cooking A Meal

- Introduce healthy “one pot” meal options and their benefits.
- Discuss sanitary procedures to use when cooking with raw foods.
- Discuss ease of including a variety of different foods, especially vegetables.
- Understand sugars and limit added sugars.

Participants will be able to:

- Plan and prepare a low cost meal.
- Apply the *My Plate* guidelines to combination foods.

WEEK 5 Grocery Store Field Trip (optional)

- Practice shopping the perimeter for main food groups and bulk sections.
 - Challenge shoppers to pick foods for a My Plate healthy meal \$10 Challenge
- Meal Guidelines:

- Healthy Meal to My Plate standards
- Enough for a family of four
- 15 grams of carb or less per serving
- Sodium rule

Participants will be able to:

- Plan a healthy meal and a shopping list.
- Pick groceries needed and stay within budget.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Kristine Perry at 360-397-6060 X5718 or Kristine.perry@wsu.edu at least two weeks prior to the event.

USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.