

Monthly Nutrition Education

Topic: 10 Ways to Save Money at the Grocery Store Time: 15-20 minutes Date: _____

Nutrition Provider/Site: _____

Homebound: ___ OR # of Attendees: ___ Name and Title of Presenter: _____

Objectives	Main Message	Activity	Suggested Materials for Lesson or Home Delivered Meal
<p>The learner will be able to:</p> <ul style="list-style-type: none"> • Demonstrate ability to select more nutritious foods and save money when shopping at the grocery store through interaction during presentation. 	<p>A nutritious diet helps keep you healthy. Shop smart and you can eat healthier AND save on your grocery bill.</p>	<p>Use lesson plan:</p> <p style="text-align: center;"><i>10 Ways to Save Money at the Grocery Store</i></p> <ul style="list-style-type: none"> • Introduction • Handout Distribution • Handout Discussion • Questions & Answers • Summary Statement 	<p>Provide participants or home delivered meal client with:</p> <ul style="list-style-type: none"> • Handout: <p style="text-align: center;"><i>10 Ways to Save Money at the Grocery Store</i></p>
<p>For more information, go to: Dietary Guidelines for Americans http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/tips_money_saving.html</p>		<p style="text-align: right;">Prepared By: Gayle Dietz, RD, LD and Isabel Martin, BS Information obtained from My Money Saving Tips, Dietary Guidelines for Americans</p>	

Nutrition Lesson Plan

Topic: 10 Tips to Save Money at the Grocery Store

Main Message: A nutritious diet helps keep you healthy. Shop smart and you can eat healthier AND save on your grocery bill.

Introduction with Audience (5 minutes): Can anyone share what they normally do to "stretch" their money? Is anyone interested in saving some extra money? Great! Because today we will talk about ways to help you save money at the grocery store. Let's get started!

Discussion of Handout (15 minutes): Distribute "10 Ways to Shop Smart & Save Money at the Grocery Store" Read the 10 handout tips, one at a time, and discuss with the audience using suggestions below. Interact with audience throughout the discussion.

1. **Shopping List:** Add foods to your "list" whenever you get low on them; then before shopping, review it for additional items. Stick to your list while shopping; but be flexible for in-store bargains.
2. **Coupons:** Look for bargains for healthier foods in Grocery Store fliers. Buy what's in season, and take advantage of "2 for 1" bargains. Coupons can be found in Sunday newspapers. But, only use coupons that match your shopping list. Don't buy foods just to use a "good" coupon. And, always look for cheaper store brands.
3. **Get a Store Card.** Store cards give extra in-Store Discounts on top of coupons. Some stores may give points toward a reward -- like a Thanksgiving Turkey.
4. **Shop once a week only:** If possible, chose a day & time in which the store is less crowded. If you buy in a hurry, you won't have time to compare prices and you will spend more.
5. **Don't shop hungry:** Try to shop after eating, not before. You may buy more if you are hungry.
6. **Try Store brands:** Store brands are usually cheaper & taste as good as more expensive brands. But, select them only if they are cheaper than similar products on sale.
7. **Check the "sell by" or "best if used by" date to choose the freshest foods:** The cheapest food is not the best buy if it spoils before you can eat it. Remember that fresher foods last longer and save extra trips to the store.
8. **Buy the amount of a food you are planning to use.** Avoid useless leftovers. If you buy more than you eat, you may end up wasting food AND wasting money.
9. **Compare prices of Canned, Frozen and Fresh forms of the same food:** This is a good tip especially for Fruits & Veggies (F & V). Seasonal fresh F & V are usually cheaper. but there may be some waste. Frozen F & V without added sauces are a nutritious choice. If buying canned F & V, avoid those with added salt or sugars & never buy dented or bulging cans. These could be dangerous. Check unit prices to find the best buy.
10. **Compare Unit Prices. The food with the Lowest Unit Price is generally the best buy.** Unit Price is usually shown on a shelf sticker placed just below the product. This is a good tool to compare the prices of similar foods that are packed in different sizes, and to compare different forms of the same food (e.g. canned vs. frozen).

Summary Statement: During these hard economic times, you can "stretch" your money by following simple grocery shopping tips. Remember, the more you save at the grocery store, the more you will have to buy other things you need.

Suggested Materials: Handout: "10 Ways to Save Money at the Grocery Store" (English & Spanish).



10 Ways to Save Money at the Grocery Store



1. Make a Shopping List. Keep it handy & use it!

2. Use your coupons wisely.

3. Get a store discount card, if available.

4. Shop once a week only.

5. Don't shop hungry.

6. Try store brands.

7. Check the "sell by" or "best if used by" date to choose the freshest foods.

8. Buy the amount of a food that you are planning to use, not more.

9. Compare prices of canned, frozen and fresh forms of the same food.

10. Compare the "Unit Prices". The food with the Lowest Unit Price is generally the best buy.



PREM ORANGE JCE		96-OZ
Unit Price	YOU PAY	
\$1.33	\$3.99	
PER QUART		

Example:

Which cereal is the BEST BUY?



Cereal A is the BEST BUY because despite being more expensive, it has the lowest Unit Price

Cereal A
Size: 36 oz
Unit Price: 14.69 cents/oz
Price (You Pay): \$ 5.29

Cereal B
Size: 18 oz
Unit Price: 25.50 cents/oz
Price (You Pay): \$ 4.59



10 Formas de Ahorrar dinero en el supermercado



10. Haga una lista de compra. ¡Manténgala a mano & úsela!



11. Use sus cupones sabiamente.

12. Obtenga una tarjeta de descuento del supermercado.

13. Haga sus compras solamente una vez por semana.

14. No vaya de compras cuando tenga hambre.



15. Pruebe las marcas de la tienda.

16. Verifique las fechas de vencimiento para escoger los productos más frescos. Por ejemplo busque frases como "sell by" o "best if used by".

17. Compre solamente la cantidad de comida que ha planeado usar.

18. Compare los precios del mismo producto en diferentes formas, por ejemplo enlatado, frizado o frescos.

10. Compare los precios por unidad (Unit Price). El alimento con el menor precio por unidad es el más barato y será su mejor opción.



PREM ORANGE JCE		96-02
Unit Price	YOU PAY	
\$1.33	\$3.99	
PER QUART		

Por Ejemplo:

¿Cual de los siguientes cereales será su mejor opción?

Cereal A

A pesar de ser más caro, el cereal A es su mejor opción porque tiene el menor precio por unidad



Cereal A

- Size (Tamaño): 36 oz
- Unit Price (Precio por Unidad): 14.69 cents/oz
- Price (You Pay)/ Precio (Usted Paga): \$ 5.29



Cereal B

- Size (Tamaño): 18 oz
- Unit Price (Precio por Unidad): 25.50 cents/oz
- Price (You Pay)/ Precio (Usted Paga): \$ 4.59