

Arizona Nutrition Network Lesson Plan

Type of Nutrition Education Class/Activity:

Classroom Lesson

Game

Community Presentation

Food Demonstration

Physical Activity and Nutrition message

Other

Class Location: _____ Date of Lesson: _____

AzNN Partner Class Instructor: _____

Title of Lesson: **Family Food Shopping: Spend Less, Get More**

Estimated Class Time: 20 - 30 minutes

Lesson Goal:

1. To learn about ways to save money when shopping for food.
2. To learn where to go for food assistance

Arizona Academic Standards: N/A

Lesson Objectives: (Use SMART = Specific, Measurable, Achievable, Realistic, Time Specific)

By the end of the lesson participants will have

1. Shared their strategies on how to save money at the grocery store
2. Learned the use of unit pricing labels at the store
3. Identified at least one program in the community that offers food assistance

Materials and Preparation: (List and attach lesson handouts/reinforcement items and evaluation form for class presentation)

Easel board

Markers

A Closer Look (Unit Price Label) mini-poster

Let's Go Shopping mini-poster

Handouts: Healthy Eating on a Budget pamphlet

SNAP pamphlet

WIC pamphlet

Food Assistance Resource list

ERI: Shopping Bag and/or Shopping List pad

Arrange chairs in a semicircle if possible.

Set up easel pad, markers.

Brief SNAP Outreach Message: "The Supplemental Nutrition Assistance Program provides assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401."

Sequence of lesson/script (Relate to each objective)

I. Introduction

Welcome the group.

Let's go around the room, introduce yourselves and tell us: How many times do you go to the grocery store each week, and how many people do you shop for? I'll start. My name is _____. I usually go to the grocery store _____ times a week and I shop for _____ people.

Today we will talk about ways to save money at the grocery store. We will learn a way to figure out food costs so we can get the most for our dollar. And we will also identify some programs in our community that offer food assistance if you need help.

II. Sharing Saving Strategies

As a parent or caregiver, how does it make you feel when you are able to provide your family with healthy food?

What challenges do you feel you have as a parent when it comes to grocery shopping to bring home that food? *Allow responses.*

Grocery shopping is a hard job. You have to provide healthy foods that your family likes, find the time to shop and prepare the foods, and stay within your budget. That is a lot to think about.

How many of us here today feel like we can always use more ideas on how to save money when grocery shopping?

You probably have your own ways that you shop and try to stretch your food dollars, and I have no doubt that each of you has a wealth of knowledge on how to do this, so I would like for you to feel comfortable sharing with us things you do that have worked for you.

Please share with me and the group what you do to save money at the grocery store. *Write their ideas on the easel pad.* Possible responses: use coupons; buy only what is on my grocery list; buy store brands; look at store ads – buy items on sale, etc.

These are all great ways to save money!

Healthful eating can cost less than you may think. Just shop wisely.

III. Unit Pricing

A good way to save is by using **unit prices**. Who has seen the unit pricing on the shelves at the store where you shop? They are usually found on the store shelf labels below the food item. (Show the A Closer Look mini-poster) Let's take a close look at the unit price label. (Identify the information on the label). It shows the price per ounce, pound, quart or some other amount, gives us the total price of the item, the size of the item and the name of the item. Unit prices let you compare brands and sizes to get the best buy.

If you think about it, we use unit prices all the time. For example, when you buy gas for your car, the price you see for gas is the unit price *per gallon*. If you buy bananas at the store, the price you see for them is the price *per pound*.

Now, let's practice using the unit price label to compare cost. (Show the Let's Go Shopping mini-poster) Using the poster, ask:

Which rice costs more in Total Price? *Snappy Rice.*

Which one costs more in Unit Price? *Crackly Rice.*

So Snappy Rice costs 7 cents less per ounce than Crackly Rice, and it is the better buy. But why is it the better buy if it costs more in Total Price?

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(You may want to use the easel pad to write the equations.) Notice the total ounces of each rice product. The Snappy Rice is a 24 ounce package, while the Crackly Rice is only 12 ounces. Because you're only paying .13 cents per ounce for the Snappy Rice, you're able to get twice as much of the Snappy Rice without paying twice as much in Total Price: $.13 \times 24 = \$3.12$. What if you bought 24 ounces of Crackly Rice at its unit cost of .20 cents? How much would the package cost you? $.20 \times 24 = \$4.80$. So, 24 ounces of Crackly Rice would cost you \$1.68 more than 24 ounces of Snappy Rice. Do you see why the Snappy Rice at a lower unit cost is a better deal?

One thing to keep in mind:

- Buying a larger package of food because it is cheaper per unit will only save you money if your family is going to eat all of the food in the package. If you buy a large package and you end up throwing a lot of it away, it could be a waste of your money. So it is also important to buy only the amount you *need*, not more. Using the unit price label to compare cost may take a little practice and some time but it can save you a few cents on each item. That may not seem like much, but in reality it can add up to big savings on your total food bill.

What questions or comments do you have about using the unit price label?

IV. Food Assistance

Although you may make every effort to save on your grocery budget, sometimes, especially in these difficult economic times, you may need some help to provide the food your family needs.

What programs do you know of in our community that can offer food assistance for families that need it? *Write their comments on the easel pad.* Possible responses:

- DES/SNAP (Food Stamp)
- WIC
- Food Bank

There are a number of programs that can help you to purchase healthy foods for your family. We will give you a list of some of these programs. Please don't hesitate to apply for help if you need it.

Evaluation (How was each objective met)

Questions and answers; group participation

Closure (Recap- call to Action)

We've talked about practical ways to stretch our food dollars and save a little money on our grocery bill. Let's see what you recall:

1. Tell me one new thing you learned today that you will use to help you save money on your grocery bill.
2. Why is it useful to learn to use the Unit Price label?
3. Name at least one program that you know of in the community that can provide food assistance for families who need it.

Thank you all for participating today.

We have a resource list and some pamphlets that contain information about the various food assistance programs available here in Yuma County (or name of your county here) and more tips on Healthy Eating on a Budget.

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