

PRESENTATION GUIDE: “THE 3PS OF EATING HEALTHY...ON A BUDGET”

the
3ps
of Healthy Eating
...**On a Budget!**

INGREDIENTS FOR A DYNAMITE PRESENTATION

- Presentation Guide
- What’s On the Shelf?
- Healthy Meal Planner (Side A) /
Healthy Meal Planner Worksheet
(Side B)
- Smart Shopper
Price Comparison
- Blank paper and pens

INTRODUCTION

[Ask the audience] *What happens when your family asks: “what’s for dinner tonight?”*

- ◆ (Examples: Do you panic?/go to the drive through?/go shopping?) *or*,
- ◆ **Some people have a plan. Do you?**
- Now more than ever we need to pay close attention to the foods we buy. Our challenge is to plan and budget to buy healthy foods for our family all month.
- To help you meet this challenge, today’s workshop is about the *3 Ps of Eating Healthy... on a Budget*. They are: **Planning, Purchasing, and Preparing**. You will learn:
 - ◆ **How to make a meal plan that is healthy and stretches your food dollars, and**
 - ◆ **How to get the most value for your money at the grocery store.**

PART 1 PLAN

- Why is planning, for the meals you will prepare, and the foods you need to buy, so important?
- Planning is the key to saving **time** and **money**.

[Ask the audience] *Is there anyone here who doesn’t want to save time and money?*

- Planning will also help you and your family to eat healthier.



PRESENTATION GUIDE: “THE 3PS OF EATING HEALTHY...ON A BUDGET”

- Even though we know there are many good reasons for people to plan the meals they are going to feed their families, a lot of people do not do it.

[Ask the audience] *Why don't most people plan?*

◆ (Examples: Don't have time/too much trouble/don't know how)

- Today we're going to *prove* to you that **Planning is Power!** It's worth taking some time up front to plan so you can save precious time and money later. Here are three steps to help you get started on your plan.

Planning Step 1 — Know What's On Your Shelf

- Know which basic items you have on your kitchen shelves or in the refrigerator so you can put a meal on the table quickly and easily. Knowing what you already have on hand will help you to buy only the food you need.

[Ask the audience] *How many of you could make a meal from what you've got on hand?*

- We're going to take a few minutes for you to make your own *What's on Your Shelf List*. We'll start by making a list of what you usually have at home.

[Handout: *Blank Paper for What's on Your Shelf List*]

- Using this blank sheet of paper, write down 10 things that you typically keep on hand, based on your family's needs and likes.
- As you make your list, think about what you have on your shelves or in your refrigerator that you could use to make a *healthy* meal.
- And please be honest. Create this list based on what you really have at home!

[Ask the audience to take about 5 minutes to complete their *What's on Your Shelf List*]

- Please keep your list handy. We will be using it shortly in our meal planning exercise.



PRESENTATION GUIDE: “THE 3PS OF EATING HEALTHY...ON A BUDGET”

- Take a look at the list we prepared that gives examples of basic, healthy items to keep on your shelves at home. From these items, you can create some great meals!

[Handout: *What’s On the Shelf?*]

Planning Step 2 — Know What You Want to Prepare

- After you know what you have on hand, the next step is to know what you want to prepare. We’re going to show you how to plan meals that will save you time, stretch your dollars, and help you feed your family healthy food.

[Handout: *Healthy Meal Planner (Side A) / Meal Planner Worksheet (Side B)*]

- Here’s an example of a Healthy Meal Planner for five days. Right now, we’re going to focus on the highlighted areas of the handout: Dinner on Day 1 and Lunch and Dinner on Day 2.

- *Walk through examples:*

- ◆ Dinner Day 1 — Baked chicken (2 whole) with potatoes, carrots and a green salad. Cooking two chickens at once saves time and energy.

- ◆ Lunch Day 2 — Chicken Salad, over lettuce or in sandwiches, made with diced chicken from the night before.

- ◆ Dinner Day 2 — Chicken Enchiladas. If you don’t have enough leftover chicken for the second dinner, you can add beans and/or cooked rice from your shelf to the enchiladas to stretch it.

- Other ideas to stretch the chicken from Day 1 include chicken soup, chicken with noodles or chicken tacos. Be creative, and use your own ideas!

- Notice how we save time by cooking enough chicken for three meals all at once. Once the chicken is cooked, it only takes a few minutes the next day to make chicken salad and enchiladas. We also save time, and money, because having a plan means we have all the ingredients or food on hand and we don’t have to run out to the store at the last minute.

[Ask the audience to flip over the *Healthy Meal Planner* handout to the *Worksheet* side.]



PRESENTATION GUIDE: “THE 3PS OF EATING HEALTHY...ON A BUDGET”

- Now it’s your turn! We want you to get used to planning how to get the most out of your time, your food and your dollars. Remember, **Planning is Power!**
- Today we are going to practice planning three meals (like the three highlighted boxes on the *Healthy Meal Planner Worksheet*): Two dinners and a lunch.
- When you use this tool at home, we recommend that you check the store ads first, so you will be able to take advantage of sales as you plan your meals. Then, before you go shopping, fill out your *Healthy Meal Planner* for all five days, like we did in our example.
- To design your Meal Plan, start with a protein (such as meat, chicken, fish, or beans) that your family will enjoy and that you can make on Day 1 in large quantity.
- Then build a meal by adding your favorite starch (such as noodles, rice, or bread), as well as vegetables, fruit and dairy items.
- Then think about how you can *s-t-r-e-t-c-h* your food to get the most out of it! For example, if you’re using chicken like we did in the example, you can roast it the first night and have enchiladas the second night.
- You can also use leftovers to create a one-pot meal (such as stews, soups, or casseroles) for Day 2.
- When making your Meal Plan, use what you can from your own *What’s On Your Shelf List*. Or, you may use the List we prepared for you with suggestions for healthy foods to keep on hand.

[Hold up handout: *What’s on the Shelf?*]

- There will be some ingredients in your Meal Plan that you don’t already have on hand. Don’t worry — in just a few minutes we’re going to the grocery store!
- Now pair up with someone in the audience and take about 10 minutes to design a Meal Plan for each of you. Using the *Healthy Meal Planner Worksheet*, create a Dinner on Day 1 and Lunch and Dinner on Day 2. You may want to look at our *Healthy Meal Planner* for ideas.



PRESENTATION GUIDE: “THE 3PS OF EATING HEALTHY...ON A BUDGET”

[Ask 1–2 people to briefly share what they came up with]

- As you get used to planning your meals, it will become easier and faster, and you’ll have lots of ideas to fill up your *Healthy Meal Planner*.

Planning Step 3 — Know What You Are Missing

- The next step in planning is to **find out what you are missing** so you can buy it at the store. Making a shopping list for what you want to buy is an important part of staying healthy and on budget.

[Ask the audience] *What happens for you when you go to the store and you don’t have a list?*

- ◆ (Examples: I spend more than I wanted to/buy things I don’t need/forget things I do need)

[Pass out blank paper for *Smart Shopping List*]

- Now let’s make a Smart Shopping List. Start with a blank piece of paper. You will also be using the *Healthy Meal Planner Worksheet* you just filled out, as well as your *What’s on Your Shelf List*.

[Hold up the handouts for the audience]

- Looking at your *Meal Planner Worksheet*, figure out which ingredients you already have on hand and what you need to buy to follow your plan. Whatever you don’t have on hand goes on your *Smart Shopping List*.
- Be sure to write down on your shopping list **how much** of each item you need to buy. This *Smart Shopping List* will be your guide once you get to the store.
- So now take about 5 minutes to create your own *Smart Shopping List*.
- Now that you have your list, we’re almost ready to go shopping. But before you go, check to see if you have any coupons for items on your list. **Make sure you don’t bring any coupons for things you don’t really use or need!** You’ll end up spending more, instead of saving money that way.



PRESENTATION GUIDE: “THE 3PS OF EATING HEALTHY...ON A BUDGET”

- Before you leave the house be sure to bring:
 1. your list
 2. any coupons you need
 3. your store’s club card for great savings at the supermarket.

➤ And now, let’s go shopping!

PART 2: PURCHASE

- One of the best ways to be a Smart Shopper is — **Stick To Your List! No matter how much you want to buy something, do not buy it unless it’s on your list!** Your shopping list is the result of careful planning, and will go a long way to keep you healthy and on budget.
- And remember, children are great at getting us to buy things we don’t need. Shopping with your children means you have to pay even closer attention to your list! And if you’re hungry, be sure to have a healthy snack before you go. Hungry shoppers find it harder to stick to their list!
- There is one exception to Sticking to Your List. Take advantage of sales on items you like to have on hand that won’t go bad, like canned tuna or pasta.
- Once you’re at the store, you’ll be looking for the best values. Checking the unit price is a great way to get better buys.
- The unit price is the price of the food per pound or per ounce. Stickers showing the unit price are found on the shelves below items in most supermarkets.

[Ask for a show of hands:] *How many of you check the unit price stickers on the supermarket shelves before you buy?*

- It’s a good idea to get in the habit of checking unit prices. They help you compare two different size packages or two different brands to find the best buy.

[Handout: *Smart Shopper Comparison*]



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PRESENTATION GUIDE: “THE 3PS OF EATING HEALTHY...ON A BUDGET”

- Since many people are not familiar with what unit price stickers look like, take a look at the photo in the middle of this handout called *Smart Shopper Comparison*. This is what you will find on the shelf.
- At the top of the page you can see two stickers comparing different brands of tomato sauce.

[Ask:] *What is the unit price for the name brand? (Answer — 11¢ per ounce)
What is the unit price for the store brand? (Answer — 6¢ per ounce)*

- In this case, the name brand costs almost twice as much as the store brand! Here’s a rule of thumb: **Always look for the lowest unit price**. So which brand of tomato sauce would you buy?
- Remember when I said I was going to prove to you that **Planning is Power**? Well, here’s my chance. Take a look at the comparison on the bottom half of this handout.
- These are real numbers that we found at a local supermarket. In this example, Hilda High Price ended up paying a lot more for the same items as Sonia Smart Shopper. Hilda rushed in and grabbed the items she needed without looking at unit prices, sales, store brands, or any other “good deals.”
- Sonia Smart Shopper did her homework. Based on her Meal Plan, Sonia knew she needed chicken. Take look at the line that says “Fresh Chicken.” Here you can see that Hilda High Price bought a chicken already cut in pieces, while Sonia Smart Shopper bought a whole chicken. By buying a whole chicken, Sonia saved \$2.10!
- Sonia also needed milk. Take a look at the next line that says “Milk.” Hilda bought two quarts of milk, and Sonia bought a half gallon, which is the same amount of milk as two quarts. As you can see, Sonia saved \$1.59 by buying the half gallon container instead of two quarts — a much better deal!
- If you take a look at your chart, you’ll see other areas where Sonia saved money, such as using a coupon for cereal, her store card for frozen peas, and shopping for sale items like canned beans.
- In this real life example, Hilda spent almost \$24.00 and Sonia spent about \$17.00. So, for the same six items, Sonia saved **more than \$7.00!** Can you see how **Planning is Power**, and makes you a Smart Shopper?



PRESENTATION GUIDE: “THE 3PS OF EATING HEALTHY...ON A BUDGET”

PART 3: PREPARE

- Now it’s time to go home and follow your *Healthy Meal Plan*.
- If you did a good job with **Planning** and **Purchasing**, the third “P”— **Prepare** — is the easy part. You already have a plan. You’ve shopped and you have everything you need to follow your plan. Now all you have to do is do it!
- The first thing you do when you get home is to quickly put your groceries away to keep them fresh. You may need to refrigerate or freeze some foods to prevent spoiling.
- Remember to use healthy cooking methods, such as broiling, baking, grilling and steaming — instead of frying your food.
- Be sure to store your leftovers right after the meal, so you can use them as you planned for the next day.
- And have your children help you prepare meals. Make meal time “family time.”

CONCLUSION

- To review, here are the key steps for the *3 Ps of Eating Healthy...On a Budget*.
 1. Know what you have on hand.
 2. Make a Healthy Meal Plan for the week.
 3. Make a Shopping List of items you need to buy.
 4. Be a “Smart Shopper” at the store.
 5. Stick to your Plan when you get home!
- Are you convinced yet that Planning is Power? We’ve seen how Healthy Meal Planning saves time and money. We’ve also given you tips on Smart Shopping so you can get the most value at the store. And finally, we’ve given you ideas for preparing healthy meals on a budget.
- So, now, the next time your family asks you “what’s for dinner?” you’ll know exactly what to say!

