

Lesson #3: Just Say Yes to... Stretching Food Dollars!

Lesson Materials

- Giant flip pad & markers (optional)
- Sticky notes (optional)
- Bag of \$14 worth of fruits and vegetables
- Local grocery store ads
- Ingredients and supplies to prepare and serve JSY recipe

Duration of Lesson

Welcome:	2 minutes
Icebreaker:	5 minutes
Introduction:	10 minutes
Activity 1:	15 minutes
Activity 2:	15 minutes
Recipe:	20-40 minutes
Closing:	5 minutes

Take Home Items

- *Buy in Season* JSY handout
- *Money Saving Tips* JSY handout
- *Making a Grocery List* JSY handout (optional)
- JSY recipe
- JSY incentive

To Find Out More

- www.fruitsandveggiesmorematters.org
- www.otda.state.ny.us (shopping smart tips)

Objectives

At the completion of the workshop, participants will be able to:

- Maximize the buying power of \$14 in food stamps by purchasing fruits and vegetables.
- Identify 2 benefits of buying fruits and vegetables in season.
- Stretch their food dollars by using a shopping list and at least 1 other money saving tip.

Welcome

- Greet participants as they enter workshop area.
- Introduce yourself and JSY program.
- Explain what the workshop will be about and how long it will take.
- Define workshop ground rules:
 - This is a safe learning environment.
 - No one will be called on. Participants have a "voice by choice."
 - Please stay until the end, complete survey and receive incentive.

Icebreaker

- Ask participants to work with a partner and brainstorm a list of foods they think are expensive and a list of foods they think are inexpensive.
- Invite participants to call out their answers and record on a flip chart. Or participants can record their answers on sticky notes, and nutritionist can read off responses and post them.

Introduction

- Summarize the group's responses to the Icebreaker. Discuss what the group thought about the price of fruits and vegetables.
- Have a display prepared of fruits and vegetables that you purchased for \$14. Place an empty grocery bag next to the display.
- Tell the group, "We have \$14 to spend on healthful fruits and vegetables at the store. Which ones would you choose?"
- Invite the group to call out which fruits and vegetables to add to the grocery bag. Encourage participants to share why they chose that fruit or vegetable. Because it's tasty? Healthy? Inexpensive? In season?
- Continue until the group thinks they have spent the entire \$14.
- Explain that you purchased all the food for just \$14. Are they surprised that fruits and vegetables can be so inexpensive?
- Discuss strategies you used to purchase fruits and vegetables emphasizing the benefits of buying fresh produce in season: less expensive, better flavor, better nutrition.
- Distribute *Buy in Season* handout and briefly review when specific produce is in season.

Money Saving Tips (Activity 1)

- Distribute *Money Saving Tips* handout.
- Briefly review the tips on the handout.
- Ask participants to complete the handout by checking off next to each tip, "Already do it," "Will try it," or "Not for me."
- Have participants pair up and talk to their partner about the tips. They can feel free to change their answers if they wish.
- Invite participants to share with the group which tips they are already doing. How easy or difficult is it to do?
- Which new tips are they willing to try? Do they think it will be easy or hard to make these changes?
- Which tips are they probably not going to try? Why? Is there anything that would make them try these tips?

Take Away Task

- Invite participants to share with the group or write down which money saving tip they think will save them the most money.

Making a Grocery List (Activity 2)

- Discuss the benefits of planning grocery shopping. How can using a shopping list make shopping easier or help them save money? What happens when they don't use a shopping list?
- Distribute *Making a Grocery List* handout or write the steps for making a grocery list on a flip pad. Go over the steps as a group.
- Have participants pair up and provide each pair with a copy of a local grocery store flyer.
- Ask each pair to make a grocery list from the ad with at least one item each for breakfast, lunch, dinner, and snacks.
- Invite participants to share the foods they put on their list and why. Are there foods they have at home that they could pair with items in the flyer? What are the best deals? Record response on a flip pad if you wish.

Take Away Task

- Invite participants to share with the group or write down a tip to make using or creating a shopping list easy and effective.

Demonstrate a JSY Recipe

- Announce JSY allergy disclaimer.
- Discuss all steps in preparation.
- Explain how to select and store the fruit or vegetable used in the recipe.
- Offer samples to participants.

Suggested Recipe Talking Points

- Select a recipe using a seasonal fruit or vegetable and discuss the money savings.
- Discuss different forms of fruits and/or vegetables that could be used in the recipe and which ones might be most cost-effective.
- Ask participants if they already have any of the recipe ingredients on-hand at home. Are there substitutions they could use?
- Ask participants if or how they might change this recipe at home for their families.

Closing

- Summarize key points in lesson.
- Ask participants, "What are your questions?"
- Distribute JSY Surveys. Assist participants with completion, if needed.
- Give a JSY Nutrition Education Incentive to each participant as they hand in their survey.
- Thank participants.

Clean and pack up workshop space.