



Spending Less, Eating Better



"Spending less...eating better!"

STEP 2A










MEAL PLANNING




Directions: Use your Inventory List and food ads to plan Thursday's meals to match MyPlate.

1. Draw arrows to carry over foods from meals from Sunday through Wednesday to use for Thursday's meals.
2. For any meals not filled in for Thursday:
 - A. Check your Inventory List (see STEP 2B insert) for foods you already have at home.
 - B. Check your food ads for items on sale.
 - C. Make your shopping list (see STEP 2C insert).



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST		<ul style="list-style-type: none"> Fried rice Egg Fresh fruit 			
LUNCH		<ul style="list-style-type: none"> Chicken salad 		<ul style="list-style-type: none"> Ham and cheese sandwich 	
DINNER	<ul style="list-style-type: none"> Baked chicken Steamed frozen veggies Brown rice 	<ul style="list-style-type: none"> Chicken and vegetable noodle soup 	<ul style="list-style-type: none"> Baked ham Whole wheat roll Sautéed veggies 	<ul style="list-style-type: none"> Ham and bean soup 	

A SHOPPER'S GUIDE

<div>★ 1 PLAN</div> <div>MAKE A WEEKLY SHOPPING PLAN</div> <ul style="list-style-type: none"> • Divide grocery money into weekly amounts. • Take only the amount of food money you plan to spend. 	<div>★ 2 PLAN</div> <div>CHECK YOUR INVENTORY</div> <ul style="list-style-type: none"> • Check your refrigerator, freezer and cupboards for foods and supplies you have before you go shopping. 	<div>★ 3 PLAN</div> <div>CHECK NEWSPAPER ADS</div> <ul style="list-style-type: none"> • Watch for sale items. • Buy extra staple goods when the price is low and if your stock is low.
<div>★ 7 \$ MANAGEMENT</div> <div>USE COUPONS OR CLUB CARDS</div> <ul style="list-style-type: none"> • Use coupons for foods you need when the price is right. • Take coupons or club cards when shopping. 	<div>★ 8 \$ MANAGEMENT</div> <div>KNOW YOUR PRICES</div> <ul style="list-style-type: none"> • Choose one or two stores with the best prices. • Check open markets and wholesale outlets. • Buy bread at thrift stores. 	<div>★ 9 \$ MANAGEMENT</div> <div>STORE BRANDS:</div> <ul style="list-style-type: none"> • Have no national advertising • May have better value and lower prices
<div>13 NUTRITION</div> <div>CHOOSE WHOLE GRAINS</div> <ul style="list-style-type: none"> • Brown rice contains more nutrients and fiber than white rice. • Try whole grain cereal, pasta or bread. 	<div>14 NUTRITION</div> <div>VARY YOUR PROTEIN</div> <ul style="list-style-type: none"> • Meats can be expensive and high in fat. • Try beans, lentils or tofu more often for family meals. 	<div>15 NUTRITION</div> <div>BE MEAT SMART</div> <ul style="list-style-type: none"> • Remember to choose less fatty meats. • Use cheaper cuts of meat in stews, soups and stir fries.
<div>19 NUTRITION</div> <div>READ THE LIST OF INGREDIENTS</div> <ul style="list-style-type: none"> • Ingredients are listed in order, from the most to the least amount found in the product. 	<div>20 SAFETY</div> <div>DATES</div> <p>Check packaging for:</p> <ul style="list-style-type: none"> • Sell by (pull date) • Use by • Expiration date <p>so you know the time limit to buy or use the product at its best.</p> 	<div>21 SAFETY</div> <div>DO NOT BUY OR USE:</div> <ul style="list-style-type: none"> • Bulging or swollen cans • Cans or jars which spurt when opened or have milky liquid • Rusty or severely dented cans
<div>25 MORE TIPS</div> <div>BE AWARE OF MARKETING TRICKS:</div> <ul style="list-style-type: none"> • End-of-aisle displays • Items at checkout counter • Sweet cereals at children's eye level 	<div>26 MORE TIPS</div> <div>EAT BEFORE YOU SHOP</div> <ul style="list-style-type: none"> • Try not to buy extras. 	<div>27 MORE TIPS</div> <div>HINTS ABOUT KIDS</div> <ul style="list-style-type: none"> • Shop when rested. • Shop when less crowded. • Let children add one item to your shopping list.



PLAN

4 PLAN MEALS AROUND SPECIALS AND LEFTOVERS

- If ground beef and chicken are on sale, how about chili and roast chicken for two dinners?



PLAN

5 MAKE A SHOPPING LIST

Make a shopping list based on your:

- Meal plan
- Inventory
- Specials
- Food Budget

6

PLAN

KNOW THE STORE LAYOUT

- Fresh foods are usually around the outer edges of the store.
- Buy frozen and perishable foods last.



\$ MANAGEMENT


10 COMPARE PRICES

- Compare prices of fresh, frozen and canned vegetables and fruits.
- The net weight includes liquid in a can.



\$ MANAGEMENT

11 USE UNIT PRICING

Unit Price \$.20 per oz.	Total Price
	\$2.40
Snappy Rice Cereal	12 oz.



\$ MANAGEMENT

12 BE SURE TO CHECK:

- Scanner and receipt for wrong prices
- Your change before leaving the store

16

NUTRITION

BUY FRESH VEGETABLES AND FRUITS IN SEASON

- Shop at Farmer's Markets.



17

NUTRITION

BEST BUYS IN MILK

- Choose fat-free or low fat (1%) milk.
- Skim milk, skim dry milk, and evaporated skim milk are especially good in cooking.

18

NUTRITION

READ THE LABELS

Look for:

Nutrition Facts	
servings per container	
Serving size	cup (g)
Amount per serving	
Calories	



SAFETY

22 BEFORE COOKING



- Rinse lids of cans.
- Wash fresh fruits and vegetables thoroughly.

23

SAFETY

GETTING HOME

- Refrigerate perishable foods right away.
- Put new canned foods at the back of shelves. Use older cans first.

24

MORE TIPS

LIMIT CONVENIENCE FOODS

- Prices are higher
- Prepared/ready-to-eat meals have added sugar, salt and fat.



MORE TIPS

28 START A HOME GARDEN

- Grow your own fruits and vegetables.
- Use SNAP benefits to buy seeds and plants.



29

MORE TIPS

PHYSICAL ACTIVITY

- Park farther away from the store to get more physical activity!



STEP 1B

30

MORE TIPS

KEEP REUSABLE BAGS CLEAN

- Regularly wash or wipe thoroughly with sanitizing wipes.

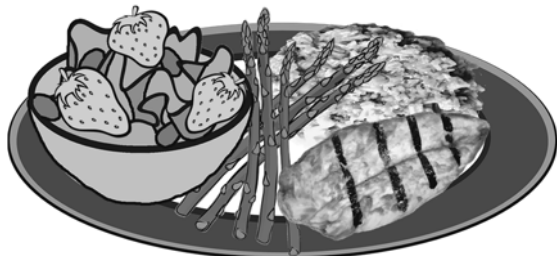


ACTIVITY: Germ-free Re-Usable Bags

MAKE MEALS LOOK AND TASTE GOOD!

Does your weekly meal plan include foods of different...

...colors? ...flavors? ...shapes?



...textures? ...temperatures?

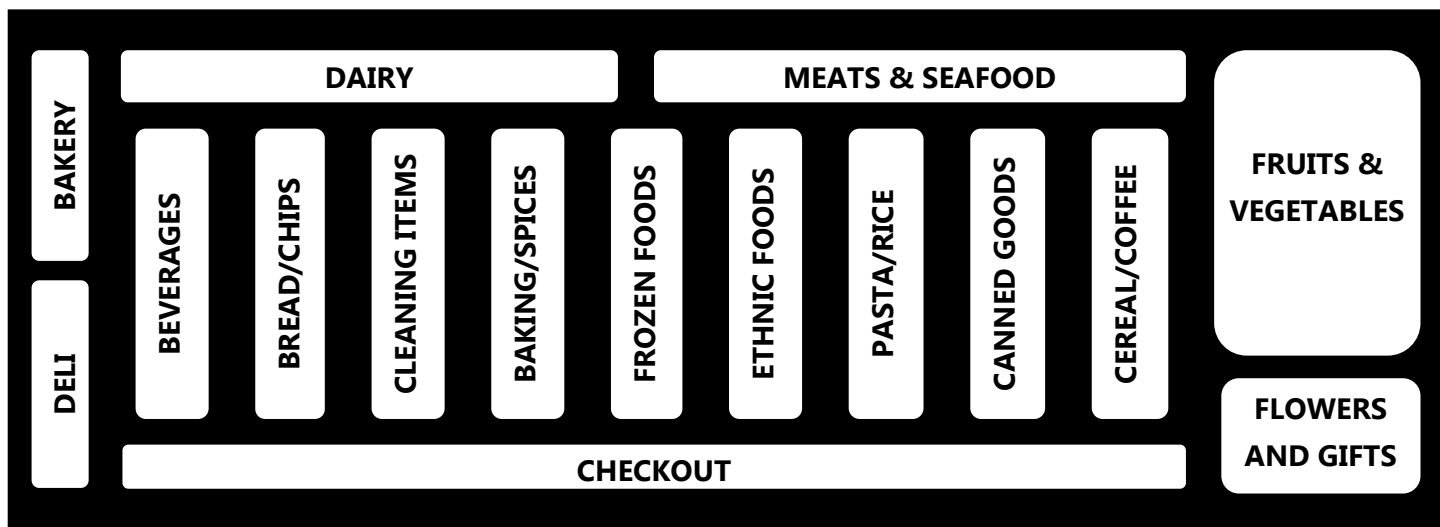
Ideas to save time:

- ◆ Plan meals
- ◆ Use package mixes
- ◆ Use what you have on hand
- ◆ Use canned soups and broths
- ◆ Stir fry dishes in one pan
- ◆ Cook double the recipe and freeze leftovers
- ◆ Eat whole foods



GROCERY STORE EXAMPLE

Do you plan your shopping based on your grocery store layout?



STEP 3



Goal Setting

I (who) **will** _____ (what)

by _____ (how) **before the next class session** (when).

COOPERATIVE EXTENSION SERVICE, UNIVERSITY OF HAWAII AT MANOA, COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES, 1955 EAST-WEST RD, AGRICULTURAL SCIENCE 306, HONOLULU, HAWAII 96822. This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture and the Supplemental Nutrition Assistance Program Education from the USDA Food and Nutrition Service. The UH-CTAHR Cooperative Extension Service and the U.S. Department of Agriculture cooperate in presenting to the people of Hawaii programs and services without regard to race, sex, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or veteran status. The University is an equal opportunity, affirmative action institution.

STEP 2B



INVENTORY

The following is a list of items which were used in meals for Sunday through Wednesday in the Meal Planning chart on page 1. You may use any of these items in planning for Thursday's meals.

Fruits	Grains/Starches	Dairy
Fresh fruits	Brown rice	Low-fat cheese
	Whole wheat rolls	

Vegetables	Protein	Others
Salad greens	Eggs	Cooking oil
Steamed veggies	Baked chicken	Salt
Sauteed veggies	Baked ham	Pepper
	Kidney beans	Shoyu
		Salad dressing

ChooseMyPlate.gov

STEP 2C



SHOPPING LIST

Use your Inventory List and food ads to create Thursday's meals.

Fruits	Grains/Starches	Dairy

Vegetables	Protein	Others

ChooseMyPlate.gov

Fruits

Fruits

[illegible]

Choose N



plate.gov

SHOPPING LIST

Fruits

Fruits

A white plate with a grey rim. A silver fork is placed vertically on the left side of the plate. The word "Fruits" is written in black text on the right side of the plate.[illegible]

ChooseM



plate.gov
