

Workshop 3

Eating Healthy on a Budget

Eat Healthy ● Be Active
Community Workshops



Instructor Guide

Before Workshop Begins

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Gather materials needed for the icebreaker and activity.
 - *Icebreaker*: Store-brand canned fruit in unsweetened fruit juice, name-brand canned fruit in unsweetened fruit juice, can opener, disposable bowls and spoons
 - *Activity*: Sales circulars from several local grocery stores, pens, copies of *Grocery List* handout
- Photocopy handouts (one per participant):
 1. Eating Healthy on a Budget (2 pages)
 2. Weekly Meal Planner (2 pages)
 3. Grocery List (1 page)
 4. MyPlate/10 Tips to Eat Better on a Budget (2 pages)
 5. Workshop Evaluation (1 page)

Workshop Outline

The workshop should last ~1 hour, including activities.

- Icebreaker activity (5 minutes)—do this while people are coming into the workshop
- Introduction (5 minutes)
 - Explain the purpose of the workshop
 - Review the Learning Objectives
- **Objective 1:** Learn the three steps for healthy eating on a budget—planning, purchasing, and preparing (10–15 minutes)
 - Review handout: *Healthy Eating on a Budget*
- Video: *Budget Stretching Healthy Meals* (2–3 minutes)
- Stretch Break (5 minutes)

- **Objective 2:** Learn how to plan meals and snacks ahead of time (10–15 minutes)
 - Review handout: *Weekly Meal Planner*
- Activity (5–10 minutes)
 - Review handout: *Grocery List*
- Increasing Physical Activity (1–2 minutes)
- Review handout *MyPlate* and how to use *10 Tips to Eat Better on a Budget* (2 minutes)
- Wrap-up/Q&A (5 minutes)
 - Reminders of things to try at home:
 - Plan meals for the week using sale items from the store circular
 - Choose moderate- or vigorous-intensity physical activity
- Ask participants to complete the evaluation form (5 minutes)

Additional Activity—*Note:* This would need to be planned ahead of time and scheduled for a time after the workshop:

Grocery Store Field Trip: Your local supermarket may be able to arrange a store tour for your group with its registered dietitian (RD). More information about this service may be available on the store's Web site or by contacting the store manager or RD. Also, the community outreach department of your local hospital may be able to arrange for an RD to provide this service. While at the store, have participants use their shopping lists; you can help them locate the healthy sale items and search the aisles for other healthy foods.

Workshop Lesson Plan

Icebreaker Activity—Taste Testing (5 minutes)

Generic vs. Brand Taste Test: Compare store-brand canned fruit in unsweetened fruit juice with name-brand canned fruit in unsweetened fruit juice.

Supplies necessary: Store-brand canned fruit in unsweetened fruit juice, name-brand canned fruit in unsweetened fruit juice, can opener, disposable bowls and spoons

Talking Points—Purpose of the Workshop (2–3 minutes)

- Today’s workshop and handouts will give you tips for making meals and snacks that are both healthy and allow you to stay within your budget.
- This workshop is based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*. The Dietary Guidelines provide science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provide recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines provide these selected consumer messages. More information about the messages can be found at <http://www.ChooseMyPlate.gov>.
 - *Balancing Calories*
 - ✓ Enjoy your food, but eat less.
 - ✓ Avoid oversized portions.
 - *Foods to Increase*
 - ✓ Make half your plate fruits and vegetables.
 - ✓ Make at least half your grains whole grains.
 - ✓ Switch to fat-free or low-fat (1%) milk.
 - *Foods to Decrease*
 - ✓ Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
 - ✓ Drink water instead of sugary drinks.
 - Healthy eating and physical activity work hand in hand to help us live healthier lives. The Physical Activity Guidelines recommend that adults be physically active

for at least 2 hours and 30 minutes each week—children need 60 minutes each day.

- ✓ You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening and by reducing the amount of time you spend sitting.

Talking Points—Learning Objectives (2–3 minutes)

1. Learn the three steps for healthy eating on a budget—planning, purchasing, and preparing.
2. Learn how to plan meals and snacks ahead of time.

Talking Points—Handout: Eating Healthy on a Budget (10–15 minutes)

Step 1. Plan ahead before you shop.

- Plan meals and snacks for the week according to a budget.
- Find quick and easy recipes online.
- Include meals that will “stretch” expensive food items (stews, casseroles, stir-fries).
- Make a grocery list.
- Check for sales and coupons in the local paper or online and consider discount stores.
- Ask about a loyalty card at your grocery store.



Step 2. Shop to get the most value out of your budget.

- Buy groceries when you are not hungry and when you are not too rushed.
- Remember to purchase refrigerated and freezer food items last and store them promptly when you get home. Proper refrigeration will help food last longer.
- Stick to the grocery list, and stay out of the aisles that don't contain things on your list.
- Cut coupons from newspaper circulars or online and bring them to the store with you. Try to combine coupons with items on sale for more savings!
- Find and compare unit prices listed on shelves to get the best price.
- Buy store brands if cheaper.
- Purchase some items in bulk or as family packs, which usually cost less.

- Choose fresh fruits and vegetables in season; buy canned vegetables with less salt.
- Precut fruits and vegetables, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more.
- Good low-cost items year-round include:
 - Protein—beans (garbanzo, black, kidney, northern, lima)
 - Vegetables—carrots, greens, potatoes
 - Fruit—apples, bananas, 100% frozen orange juice
 - Grains—brown rice, oats
 - Dairy—fat-free or low-fat (1%) milk

Step 3. Make cost-cutting meals.

- Some meal items can be prepared in advance; precook on days when you have time.
- Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions and freeze.
- Try a few meatless meals by featuring beans and peas, or try “no-cook” meals like salads.
- Incorporate leftovers into a meal later in the week.

Video: Budget Stretching Healthy Meals (2–3 minutes)

Stretch Break (5 minutes)

“Beans” (celebrating beans because they are inexpensive and packed with nutrients)

Have participants stand up and spread out to allow space for them to move. The facilitator calls out names of beans, and the participants do set actions to each.

- Baked beans—make a small shape with your body
- Broad beans—make a wide, stretched-out shape
- String beans—make a tall, string-like shape
- Jumping beans—jump up and down (say “small jumping beans” for small jumps and “big jumping beans” for the opposite)
- Chili beans—shiver and shake as if it were cold
- French beans—do the *can-can*, with high kicks

	Moderate Activity	Vigorous Activity
Types of Activity	Walking briskly, biking on flat ground, line dancing, gardening	Jumping rope, basketball, soccer, swimming laps, aerobic dance
Amount	If you choose activities at a moderate level, do at least 2 hours and 30 minutes a week	If you choose activities at a vigorous level, do at least 1 hour and 15 minutes a week

- You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.
- Children need **60 minutes of physical activity each day**.
- **TODAY'S TIP:** Choose moderate-or vigorous-intensity physical activities.
 - ✓ **Moderate-intensity activities** include walking briskly, biking, dancing, general gardening, water aerobics, and canoeing.
 - ✓ **Vigorous-intensity activities** include aerobic dance, jumping rope, race walking, jogging, running, soccer, swimming fast or swimming laps, and riding a bike on hills or riding fast.
 - You can replace some or all of your moderate-intensity activity with vigorous activity.
 - With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones.
 - ✓ Adults should include muscle-strengthening activities at least 2 days a week.
 - ✓ **Muscle-strengthening activities** include lifting weights, pushups, and sit-ups.
 - Choose activities that work all the different parts of the body—the legs, hips, back, chest, stomach, shoulders, and arms.
 - ✓ Encourage children to do muscle-strengthening activities, such as climbing, at least 3 days a week and bone-strengthening activities, such as jumping, at least 3 days a week.
- Consider signing up for the Presidential Active Lifestyle Award (PALA+) to help you track your physical activity and take small steps to improve your eating habits.
- If you are active for 30 minutes a day, 5 days a week for 6 out of 8 weeks, and choose one healthy eating goal each week to work toward, you'll be awarded the PALA+ and receive Presidential recognition! (See <http://www.presidentschallenge.org>) See handout in Appendix for more information.

Talking Points—Handouts: MyPlate and 10 Tips (2 minutes)



Talking Points—Wrap-up/Q&A (5 minutes)

Things to Try at Home

- Plan meals for the week using sale items from the store circular.
- Choose moderate- or vigorous-intensity physical activities.

Complete Evaluation Form (5 minutes)

Trainer's Date: _____

Eating Healthy on a Budget Evaluation

1-Through Disagree	2-Disagree	3-Neutral/Disagree or Agree	4-Agree	5-Through Agree
1. The workshop covered useful information.				
Comments: _____				
2. The workshop activities were helpful.				
Comments: _____				
3. I plan to put ideas for the week ahead of me this week.				
Comments: _____				
4. I plan to change my eating habits based on the information I received here.				
Comments: _____				
5. I plan to become more active based on the information I received here.				
Comments: _____				
6. The instructor provided the information in a helpful way.				
Comments: _____				
7. Overall, I found the workshop to be very helpful.				
Comments: _____				
8. Please tell us which materials you found most useful.				
Comments: _____				



Workshop 3 ● Handouts



Eat Healthy Your Way

Eating healthy on a budget



Take these three easy steps to pick and prepare healthy foods while minding your wallet! **Check off the tips you will try.**

Step 1: Plan ahead before you shop

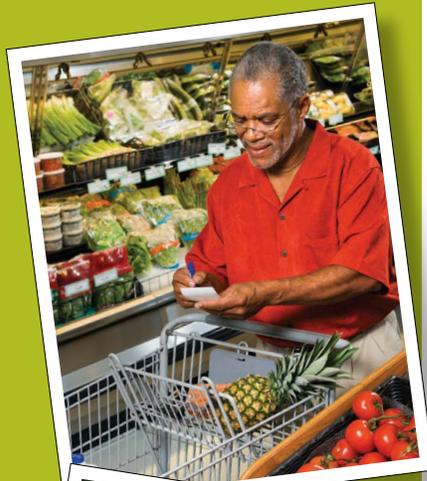
Rodney: I plan what I'm going to make for dinner for the whole week. Then I make out my grocery list and never shop hungry. This way I stick to my list and don't buy pricey items on a whim. Since I have all the ingredients for my meals, I'm not tempted to order a pizza or run out for fast food. Eating at home keeps me on budget, and I am eating better too.

- Read the store flier to find out what is on special for the week.**
 - Plan your meals around the sale items. Look for lean meats, fat-free and low-fat dairy items, and fresh or frozen fruits and vegetables featured that week.
- Shop with a list.**
 - Make a shopping list **before** you go to the store as you plan what meals you'd like to make for the week. Stick to a list and avoid buying items on impulse . . . and off your budget.

Step 2: Shop to get the most value for your money

Carla: I buy fresh fruits and vegetables in season and save money this way. If I want berries in winter, I buy the frozen kind. Or, when I see chicken breasts or turkey breasts on sale, I buy several packs and freeze any extras to use later.

- Buy sale items and generic or store brands.**
 - Buy items featured in the store flier. Buy store or generic brands, as they often cost less than name brands.
- Choose frozen.**
 - Buy frozen vegetables without added sauces or butter. They are as good for you as fresh and can cost far less.
- Buy in bulk, then make your own single-serving packs at home.**
 - Mix a big box of whole-grain cereal with raisins and a dash of cinnamon. Put in small baggies for on-the-go snacking.
 - Peel and cut up a big bag of carrots. Put in small baggies for lunches or an anytime healthy snack.



▼
For more information, visit
www.healthfinder.gov

(turn over please)

Small changes can make a large difference

Step 3: Make cost-cutting meals

Padma: Stretch your food dollars by making a second meal from leftovers—just add items you already have in your pantry. I took last night’s leftover baked chicken and cut it into small pieces. Then I added a can of black beans, a chopped onion, two cloves of garlic, spices, and some chopped tomatoes. I made a low-cost, tasty meal in 15 minutes! And my family got a healthy dinner.

❑ Make a second meal or a side dish from leftovers.

Stretch your dollars by adding items you already have on hand to make a second meal or tasty side dish.

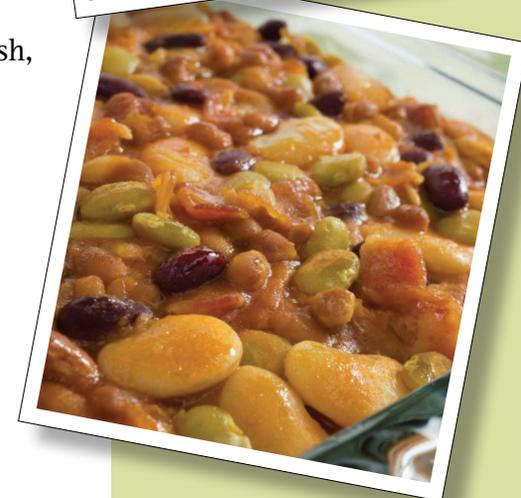
- Use leftover chicken or turkey in casseroles, soups, chili, stir-fries, or tacos.
- Use leftover brown rice in soups and casseroles. For a great side dish, cook brown rice with vegetables and a beaten egg in a pan coated with cooking spray.
- Add leftover cooked or raw vegetables to salads, omelets, or casseroles. Add the leftover veggies to whole-wheat pasta and water-packed tuna for a healthy, low-cost meal.
- Mix leftover fresh or canned fruit (packed in fruit juice) with low-fat plain yogurt or low-fat cottage cheese. Or put the fruit in oatmeal for a “good-for-you” breakfast.

❑ Go meatless one or more days a week.

- Replace meat with beans for a less costly way to get lean protein. Beans and brown rice are a nutritious way to stretch a dollar. Add lentils to soups. They are delicious, cook up quickly, and are packed with protein and fiber.
- Make breakfast for dinner! Prepare a vegetable omelet with eggs, spinach, tomatoes, mushrooms, and reduced-fat cheese. Serve with fruit and whole-wheat toast. Your kids will love the “upside-down day” that is budget-friendly for you!

❑ Visit the Internet for recipe ideas.

- Look on the Internet for many healthy recipes. Just type the words “healthy meals on a budget” in the search engine. Or visit <http://recipefinder.nal.usda.gov> to get recipe ideas that are easy on the wallet and good for your body.



We hope these budget-stretching ideas will help you as you take steps to eat healthy.

Weekly Meal Planner

Use this tool to help plan healthier meals for your family. Below are ideas for healthier breakfasts, lunches, and dinners. Use the chart to plan meals for a week. Try to plan one dinner that uses leftovers from the night before and one that is meatless. Once you have the meals planned, write out your grocery list.

Ideas for Healthy Breakfasts

- 1 cup whole-grain cold or $\frac{1}{2}$ cup whole-grain hot cereal, $\frac{1}{2}$ cup fat-free or low-fat milk, and $\frac{1}{2}$ cup fresh or frozen fruit, such as blueberries, sliced strawberries, or bananas.
- 2 slices whole-grain toast with 2 tablespoons peanut butter, 1 cup low-fat or fat-free yogurt, and $\frac{1}{2}$ cup 100% juice.
- 2 scrambled eggs, 1 slice whole-grain toast, 1 cup fat-free or low-fat milk, and $\frac{1}{2}$ cup sliced strawberries.

Ideas for Healthy Lunches

- 1 cup garden salad with 1 tablespoon fat-free or low-fat dressing and $\frac{1}{2}$ turkey sandwich on whole-wheat bread with lettuce, tomato, and mustard.
- 1 cup broth or tomato-based soup and $\frac{1}{2}$ lean roast beef sandwich on whole-wheat bread with lettuce, tomato, and mustard.
- 1 slice cheese or vegetable pizza made with low-fat cheese and small garden salad with 1 tablespoon fat-free or low-fat dressing.

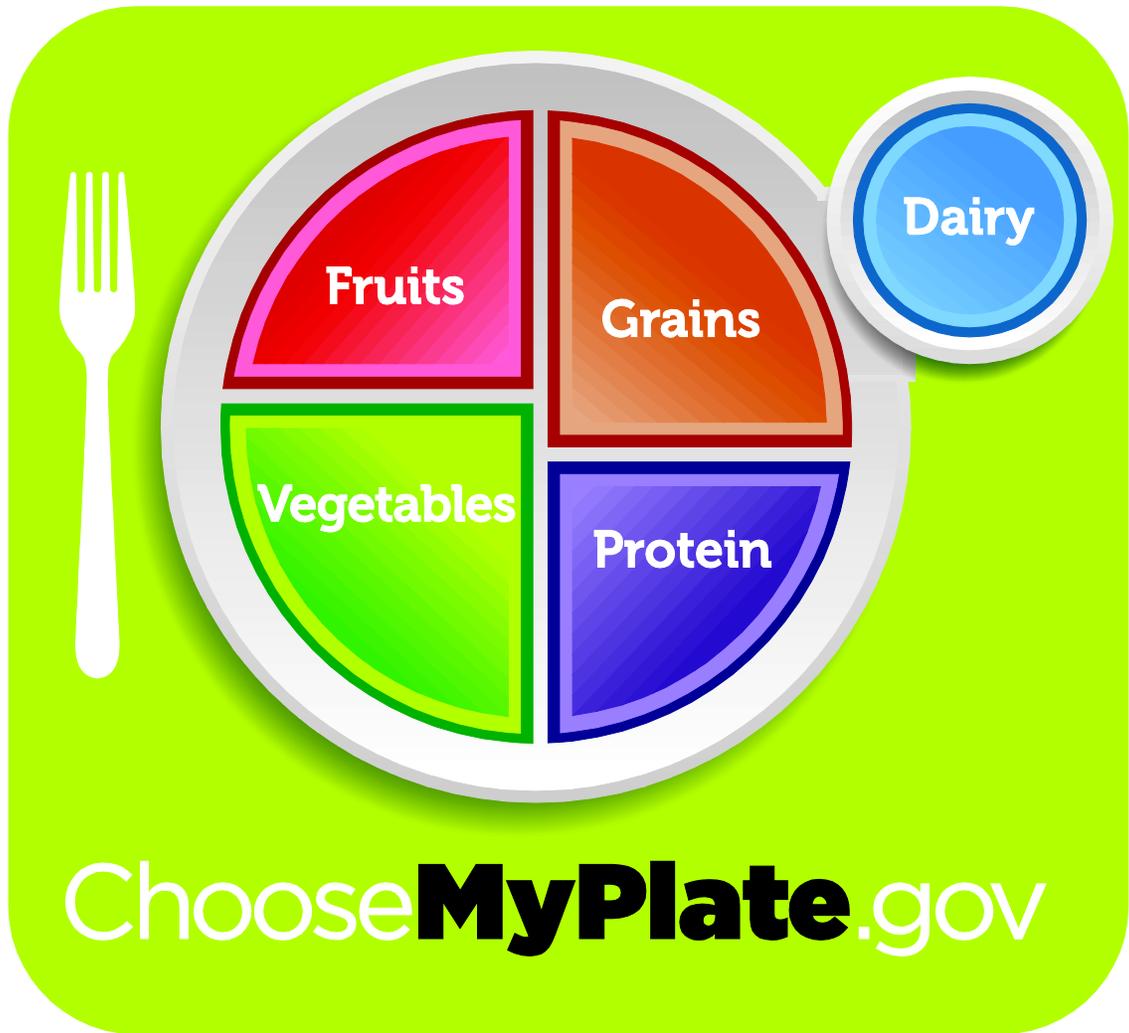
Ideas for Healthy Dinners

- 3 ounces grilled honey mustard chicken, 1 cup green beans, and $\frac{1}{2}$ cup wild rice.
- 3 ounces baked fish with lemon dill dressing, 1 cup herbed pasta, and 1 cup steamed frozen vegetables (such as mixed vegetables).
- 1 cup whole-wheat pasta with $\frac{1}{2}$ cup tomato sauce, $\frac{1}{2}$ cup steamed broccoli, 1 slice whole-grain bread, and $\frac{1}{2}$ cup pineapple slices.



Day	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			





Choose **MyPlate**.gov

10 tips

Nutrition
Education Series

eating better on a budget



10 tips to help you stretch your food dollars

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 buy in season

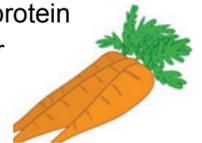
Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



8 cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

10 eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

Today's Date: _____

Eating Healthy on a Budget Evaluation

1=Strongly Disagree 2=Disagree 3=Neither Disagree or Agree 4=Agree 5=Strongly Agree

1. The workshop covered useful information. 1 2 3 4 5
Comments:

2. The workshop activities were helpful. 1 2 3 4 5
Comments:

3. I plan to plan meals for the week ahead of time this week. 1 2 3 4 5
Comments:

4. I plan to change my eating habits based on the information I learned today. 1 2 3 4 5
Comments:

5. I plan to become more active based on the information I learned today. 1 2 3 4 5
Comments:

6. The instructor presented the information in a helpful way. 1 2 3 4 5
Comments:

7. Overall, I found the workshop to be very helpful. 1 2 3 4 5
Comments:

8. Please tell us which materials you found most useful.
Comments:



