# Plan, Shop, \$ave





### Making a grocery shopping list

| Fruits &<br>Vegetables         | Canned<br>Foods         | Staples (Flour,<br>Sugar, etc.) | Non-Food<br>Items        |
|--------------------------------|-------------------------|---------------------------------|--------------------------|
|                                |                         |                                 |                          |
|                                |                         |                                 |                          |
|                                |                         |                                 |                          |
| Bread, Cereal, Rice<br>& Pasta | Meat, Poultry<br>& Fish | Frozen<br>Foods                 | Milk, Yogurt<br>& Cheese |
|                                |                         |                                 |                          |
|                                |                         |                                 |                          |
|                                |                         |                                 |                          |
|                                |                         |                                 |                          |

Plan, Shop, \$ave Worksheet 64-ESBA

### Plan, Shop, \$ave



|    | One thing I will do this week to  | p <b>lan</b> meals an   | d snacks is | :      |
|----|-----------------------------------|-------------------------|-------------|--------|
|    | One thing I will do this week w   | hen I <b>shop for</b> f | food is:    |        |
| Ş  | One thing I will do to save mo    | <b>ney</b> on grocerie  | s this weel | c is:  |
| 25 | Our <b>next lesson</b> will be on | (day)                   | at          | (time) |









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### Calculate the unit price of two different sizes of tomatoes

### Take the total cost of the item and divide it by the total size of the item.

(Example:  $$1.49 \div 29 = .05 \text{ or } 5 \text{ cents per oz.}$ )

total cost total oz. unit price

total cost total oz. unit price





#### Calculate the unit price of two different forms of cheese



total cost total oz. unit price

### Calculate the unit price of two different brands of pinto beans

total cost total oz. unit price

total cost total oz. unit price







## Plan, Shop, \$ave





### Making a grocery shopping list

- Write down all foods needed for meals and snacks for the week.
- Write down the amount needed next to each food.
- Check the refrigerator, freezer, and cupboards. Cross off items you have on hand.
- Take the grocery list, a pen, and coupons to the store.
- Don't shop while hungry. It's easier to stick to your list.







#### Plan, Shop, \$ave Handout 64-ESBA

### Food safety when shopping and storing food



- Don't buy cans that have leaks, bulges, rust, or dents.
- Buy only the amount of food you need.
- Put refrigerated or frozen foods away first.
- Cook meat, poultry, and fish within 2 days, or freeze.
- Don't store food or drink in glazed pottery made outside of the U.S.

### Reading labels

# Bran Cereal with Raisins Nutrition Facts 10 servings per container Serving size 1 cup (61 g) serving size

Amount per serving Calories

 Calories
 190

 % Daily Value
 2%

 Stal Fat 1.5g
 2%

Calories

Get enough of these nutrients

**Nutrients** 

Total Fat 1.5 g 2% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0 mg 0% Sodium 350 mg 15% Total Carbohydrate 45 g 15% 28% Dietary Fiber 7g Total Sugars 19 g Includes 10 a Added Sugars 20% Protein 5g Vitamin D 10% Calcium 2% 25% Potassium

 The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Serving size and servings per container

% Daily Value (%DV)

20% DV or more per serving is high

5% DV or less per serving is low





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