

Teacher Guide:

SHOPPING FOR FOOD

Key Messages

- Plan for how much you are going to spend on food each week, month or paycheck.
- Look to see what foods you already have at home in your refrigerator and cupboards.
- Plan meals for the entire week.
- Use grocery ads and coupons to help save money.
- Make a shopping list.
- Don't shop when hungry.
- Compare brands and unit prices of similar items to find the best buy.
- Compare cost, preparation time, cooking skills, and nutritional content when comparing convenience foods and homemade foods.

Objectives

Participants learn:

- how planning meals will save money.
- how to compare similar food items to find the best buys.
- how to compare convenience foods and homemade foods.

Suggested teaching materials:

- Store grocery ads
- Food coupons
- List of store prices of similar items
- Shopping for Food handout

Activities

- **Have clients practice making a grocery list using their monthly food budget, grocery ads and coupons, and foods they have on hand (food staples-bread, milk, margarine, etc.)**
- **Using copies of grocery ads and coupons plan one or two meals.**
- **Make a list of the places where you can find coupons.** Examples might be Sunday newspapers, weekly newspaper food ads, magazines, phonebooks (in the back), etc.
- **Using copies of grocery ads and coupons read carefully to look for expiration dates, size or quantity restrictions (package weight) or number restrictions (“Limit two per customer”).**
- **Bring in samples of name brand, store brand and generic brand foods.** Show prices and products to compare cost and quality of the foods.

\$ _____ Spending Goal

Shopping List

Fresh Produce _____ _____ \$ _____ _____ _____ _____ _____ _____ _____	Canned Foods _____ _____ \$ _____ _____ _____ _____ _____ _____ _____	Staples Flour _____ \$ _____ Sugar _____ _____ _____ _____ _____ _____ _____
Refrigerated Foods Milk _____ \$ _____ _____ _____ _____ _____ _____ _____	Frozen Foods _____ _____ \$ _____ _____ _____ _____ _____ _____ _____	Meats _____ _____ \$ _____ _____ _____ _____ _____ _____ _____
Breads & Cereals _____ _____ \$ _____ _____ _____ _____ _____ _____ _____	Nonfood Items Toilet paper _____ \$ _____ _____ _____ _____ _____ _____ _____	Other _____ _____ \$ _____ _____ _____ _____ _____ _____ _____



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