



## **Adding Up the Savings!** **When Shopping for Food** Facilitator's Guide

### Lesson Goals

After this lesson, participants will:

- Know the importance of making a shopping list.
- Know the importance of and how to complete a menu plan.
- Know how to use unit price and cost per serving to determine the most economical buy.
- Know how to use grocery store ads and coupons to save money.
- Describe at least 3 ways to save at the grocery.

### Before Teaching the Lesson

- Gather Menu Planner
- Copies of store ads
- Coupons
- Read handout "Adding Up the Savings! When Shopping for Food"

### Lesson Points to Stress

1. You do not have to buy expensive foods to provide your family with nutritious meals. Planning ahead is the key to eating well on a budget
2. A shopping list will help you remember to buy the foods you need and will help you avoid buying foods you don't need. You will save money and shopping time.
3. Many stores post unit price labels on the shelves. The unit price of a given amount of food is listed by pound, ounce, quart, or cup. By comparing the unit price of a given amount of food, you can:
  - Pick the lowest-cost package or container size.
  - Find the brand that costs less.
4. For foods that do not have unit pricing, such as meat, fish, and poultry, you can find the best buy by comparing cost per serving. The product with the lowest cost per serving is the best food buy. Cost per serving is figured by dividing the total cost of the food by the number of people it will serve.
5. Here are some ways to stretch your food dollar:
  - Fix meals at home or pack a lunch to carry to work. Eating out is expensive.
  - If space is available, raise a vegetable garden.
  - Shop for lower-cost meals within each food group.
  - Do not shop when hungry, tired, or in a hurry.
  - Try to shop alone.

### Ideas for Teaching the Lesson

- Ask participants to share their grocery shopping practices.
- Use Menu Planners and have participant plan menus, even if it just for dinner.
- Have participants to make a shopping list based on their menu.
- Look at ads and coupons to see if there would be anything they could use.
- Compare food items in several different forms. For example: fresh broccoli, frozen broccoli, and frozen broccoli in cheese sauce. Or raw potatoes, canned potatoes, frozen French fries, and au gratin potatoes in a box. Have the group rank the foods from highest to lowest price per serving.

### Conclusion

Summarize lesson goals.  
Ask if there are any questions.

### Program Give-a-Ways

1. Template for menu planner can be copied and laminated for each participant. Offices may already have markers that are dry erase to give away also. Ask your FCS Agent.
2. When using with limited resource audiences, i.e. SNAP, the FCS Agent may have refrigerator magnets about food storage you can use along with shopping list that can be placed on the refrigerator.
3. You could purchase a newspaper that contains coupons and give them away at the meeting.
4. Your office may purchase pocket calculators to give away.

*Tracy M. Thornton  
County Extension Agent for Family & Consumer Sciences*

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