

Growing Healthy Families

Module 8: Shopping and Recipes for a Healthier Life

Objectives

- **Develop a plan on how to spend less on healthy meals and snacks.**
- **Identify low-cost yet healthy foods.**
- **Develop a plan to substitute healthier ingredients in meals.**



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Why Budget?

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- **Some families spend \$127 a week on groceries, or \$18 a day.**
- **The average SNAP food benefit per person is about \$126 a month.**
Source: feedingamerica.org, 2017
- **If we spent less on food, how could that help our family?**

Food Shopping the Economical Way!

- Menu plan
- Use grocery list
- Use sale flyers
- Eat first
- Try to leave children at home
- Freeze leftovers
- Buy in bulk
- Beans and smaller portions of meat
- Buy produce on sale

Shopping Game!

- Plan dinners for 3 days.
- Make sure they are healthy and low-fat, low-sugar and things your family will actually eat.
- You and your partner should develop the least expensive yet tasty and healthy meals you can.
- You must use at least one major ingredient, such as a meat, more than once.
- The pair that develops the least expensive and best sounding menu (voted on by the group) is the winner!



Healthy Substitutions

- You can substitute items that will taste just as good and be lower in fat, calories and sugar!
- Look in your *Parent Guide & Journal* for some healthy substitutions.
- Take recipes and make them healthier.
- One makeover of macaroni and cheese brought it down from 750 calories to 400 and it tasted great!

Share!

- **Put your recipes out on your table.**
- **Everyone should walk around to the other tables with their blank recipe cards and find at least one other recipe that they would like and copy it!**



Summary

Today we:

- Developed a plan on how to spend less on healthy meals and snacks.
- Identified low-cost yet healthy foods.
- Developed a plan to substitute healthier ingredients in meals.

