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Food Management: Grocery Shopping and Food Preparation

In this section, youth will learn how to develop a weekly menu with nutritious meal options, create a grocery shopping list within a budget, save money using coupons and store sales, recognize expiration dates and store food properly, and prepare a meal using a recipe.

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Food Management: Grocery Shopping and Food Preparation

<i>Age Range</i>	14-21
<i>Skill Focus</i>	Youth will be able to develop a weekly menu of nutritious meal options and create a grocery shopping list based on their weekly menu that will fit within their budget. The youth will also learn ways to save money to stay within their grocery budget, learn kitchen safety, and have the opportunity to follow a recipe to create a meal using a microwave.
<i>Group Size</i>	3+
<i>Time Required</i>	90 minutes
<i>Materials Needed</i>	<ul style="list-style-type: none"> • <i>Food Management PowerPoint</i> • Projector • Computer • <i>Weekly Meal Planner Template</i> • Weekly grocery store sales advertisements from your local grocery store • Plates and silverware • Microwaves (one for each team of up to 4 youth) • Cooking utensils (utensils needed to prepare a microwave meal of choice) • Microwave safe cooking containers (at least one for each team) • Microwave cooking recipes (2 have been provided with this workshop but additional recipes can be located at http://www.myrecipes.com/microwave-recipes/) • Ingredients necessary to prepare the identified recipe during the preparation portion of the workshop • <i>Chopped Cooking Competition Scoring Sheet</i>
<i>Adapted From</i>	Preparing Adolescents for Young Adulthood

Leader's Notes:

Food Management PowerPoint	60 minutes
Chopped Cooking Challenge Activity	30 minutes

This workshop will be conducted using the ***Food Management PowerPoint***. The facilitator will need to gather the necessary items listed above (recipes, coupons, cooking utensils, containers, etc.) prior to the workshop. If you have access to a kitchen, you may choose recipes that require a stove or oven. If you do not have access to a kitchen, microwaves may be used.

Below are notes for each slide of the PowerPoint presentation.

SLIDE #1: Title Slide

Introduce yourself and explain the purpose of the workshop: *“Today we will be focusing our attention on the skills necessary to grocery shop while remaining within a budget and selecting nutritious foods for a well-balanced diet which will keep you healthy and fit. You will also have an opportunity to prepare a meal.”*

SLIDE #2: Objectives

Review the workshop objectives with the group.

Participants will:

- Assess their current knowledge of grocery shopping and food management.
- Understand how to effectively grocery shop within a budget.
- Discuss how to identify the appropriate way to store food.
- Learn how to prepare a simple meal by following a recipe.

SLIDE #3: What do I know? What do I need to learn?

Have youth complete the ***Food Management Skills Assessment***. This will provide both you and the youth with an understanding of the skills the youth have and what skills they will need to develop.

Once the youth have completed the self-assessment, have a discussion on what the youth wrote. Ask for volunteers to share what they answered on their assessment and their reactions to their assessment.

SLIDE #4: Nutrition Facts

Explain to group that in order to make sure that you get all the nutrients your body needs, it is important to eat a variety of foods. Here are some basic nutrition facts and food that contain the essential protein, fats, carbohydrates, vitamins, and minerals that your body needs. *Note: Refer to the "Food and the Body" workshop in the Health and Nutrition domain of this curriculum for activities related to the following nutrients.*

Protein: Needed for growth of new tissue and for repair of body cells. Proteins come from animal sources, such as meat, fish, chicken, turkey, eggs, milk, and cheese; or vegetable sources such as cooked dried beans, peas, nuts, and peanut butter.

Fats: Foods that contain fats are high in calories. Fats supply energy and make foods taste good. In addition, some fats provide Vitamins A, D, E, and K and other essentials for good health. Fats from vegetable sources include cooking and salad oils, margarine, and vegetable shortenings; butter, bacon, and lard are major sources of animal fats. Meats, poultry, fish, whole milk, and cheese contain smaller amounts of fat.

Carbohydrates: Include both sugars and starches, which the body changes into energy. Some starches contain minerals, vitamins, and small amounts of protein. Carbohydrates are found in breads and cereals, dried beans and peas, rice, flour, sugars and other sweets, and fruits and vegetables.

Minerals: Many minerals are needed to maintain good health. Some of them include: Iron, which is used for building blood. Foods that are good sources of iron and other minerals include lean meat, liver, dried peas, dried beans, dark green leafy vegetables, enriched bread and cereals, and dried fruits such as prunes and raisins. Calcium and Phosphorus are needed for the development of bones and teeth. Milk and milk products such as cheese are major sources of Calcium and Phosphorus, along with other minerals.

Vitamins: Vitamins are nutrients that are needed in very small amounts to help the body cells work. Each vitamin plays a different role. When daily meals do not contain enough vitamins, body cells do not develop and work properly.

Other vitamins that are necessary for good health include Vitamin A, C, and D, Thiamin, Riboflavin, Niacin, and Folic Acid. These vitamins are supplied by the foods that make up balanced meals.

One of the first steps in grocery shopping is developing a weekly menu from which you will make a grocery shopping list. The weekly meal choices that you make and the food products that you ultimately purchase at the grocery store should include nutritious foods for a well-balanced diet which will keep you healthy and fit. Keep these nutrition facts in mind because you will be developed a weekly menu later in the workshop.

SLIDE #5: Grocery Budget

Buying groceries is a necessity and therefore should be incorporated into your personal budget. *Note: If the youth have not yet developed a personal budget, it is important to work with the youth to develop these. Refer to the "Money Management" domain of this curriculum for more information.*

The amount of money allocated for groceries can be different based on your income, needs, lifestyle, preferences, as well as where you reside. The United States Department of Agriculture has provided the average amount that one person spends on food per week.

This information as you can see is based on your age, gender and 3 different categories of spending; those that spend a low amount of money on average, those that spend a moderate amount of money on average, and those that spend a high amount of money on average.

	Low-Cost	Moderate-Cost	High-Cost
Female Ages 14-18	\$42.90	\$52.00	\$63.80
Female Ages 19-50	\$43.40	\$53.50	\$68.60
Male Ages 14-18	\$50.08	\$63.70	\$72.70
Male Ages 19-50	\$50.00	\$62.70	\$76.80

It is important to set your grocery budget and stick to it. Spending more on groceries than you have budgeted may affect your ability to pay other bills.

SLIDE #6: Grocery Shopping

Plan your menu for the week - Once you have set a budget and are aware of how much money you are able to spend on groceries, you should develop a weekly menu. Putting together a weekly menu will allow you to pre-plan meals that will meet your nutritional and budgetary needs. When developing your menu, you should keep in mind your dietary and nutritious needs as well as your budgetary constraints. If you only have \$50.00 to spend at the store for the week, it would be unrealistic for your weekly menu to include 7 days of filet minion or other extremely expensive food items. Choosing expensive meals may prevent you from being able to purchase everything that you need for the week and remain within your budget.

Check your pantry for the food items you will need for the week - This will help you to develop a grocery shopping list and identify the food items you will need to purchase at the grocery store.

Check the newspaper/store flyers for sales – Coupons are everywhere if you are willing to search for them. Look in the newspaper, online at coupon sites, or download the store app for coupons. Consider taking a class or asking a trusted adult to teach you about couponing.

Make a shopping list and buy only what is on your list – It's important that you stick to your list so that you stay within your budget.

Activity:

Have youth complete the *Weekly Menu Planner Template* to develop a menu for one week and create their grocery list. Remind the youth that they will need to ensure that the meal and snack options that they choose will need to be within their allocated budget. For those youth that have not completed a personal budget use the average food budget based on age range, gender and moderate spending for one person provided by the United States Department of Agriculture. This information can be found on the previous slide. Youth will also need to ensure that they are choosing nutritious meal and snack options.

Provide the youth with the template and provide them with some weekly newspaper/store sales advertisements or online coupons. Also provide them with some average retail food prices to guide their menu development. This will help the youth to ensure that they remain within their grocery budget. Once the youth have completed their 7 day menu including snacks, they will then develop a grocery shopping list according to the menu they

have developed which should be comprised of each item they would need to prepare each meal.

After the youth complete the menu template, have each youth estimate the approximate cost of the week's groceries using the *Average Retail Food Prices* handout and newspaper/store sales advertisements. Next, ask each youth if they were able to purchase all of the groceries they needed for the meals that they planned on the weekly menu planner. If the students say no, discuss ways that they could alter their menu to allow them to remain within their budget.

Follow up questions:

1. What other items would you need to add to your grocery shopping list besides food? (toilet paper, paper towels, etc.) Make a list of these other items on chart paper or whiteboard.
2. Do you think the cost of these items need to fall within your grocery budget?

SLIDE #7: Stretching Your Grocery Budget

Inform youth that we are now going to discuss some ways we can save money when buying groceries. Ask if youth have any ideas on ways they can stretch their budget.

SLIDE #8: Tips for Saving Money

After you have developed your grocery shopping list, it is time to shop. Be a smart shopper when you go to the grocery store. Here are some tips to help you remain within your grocery budget when you go to the store:

- Check the item's marked "For Quick Sale" or "Close Out"
- Compare the unit prices of different brands and sizes to determine what is the best bang for your buck
- You don't have to purchase name brand items
- Look for coupons

SLIDE #9: Couponing

Show couponing video: <https://www.youtube.com/watch?v=Og-wfmaJrP0>

This woman is an "extreme couponer". As she says, she saves hundreds of dollars when she goes grocery shopping by using coupons that can be found online and in newspaper. While

this is a very extreme way to save money it does show that coupons are a great way to save money at the grocery store and to stretch your grocery budget.

SLIDE #10: Couponing Continued

Where can you find coupons?

- Sunday Newspaper
- Printable Coupon websites
 - Coupons.com
 - Smartsources.com
 - Redplum.com
- Mobile Coupons or Apps
 - RetailMeNot
 - Cartwheel (for Target)
- Coupons inside products

(Resources found at www.couponingtodisney.com)

SLIDE #11: Tips for using Coupons

Here are some tips for using coupons at the grocery store:

Try to match your coupons with weekly store sales to save the most money – By matching your coupons for items that you need to purchase with the weekly sales ad at your local grocery store, you can save extra money on the items that you need to purchase.

Always check the price of store brand products - Even if you have a coupon for the name brand item it still may be cheaper to purchase the store brand products. Make sure to compare the price of the name brand product after the coupon with the store brand product to see which is the best “bang for your buck”.

Learn your grocery store’s coupon policy - Make sure you know your grocery store’s coupon policy. The store’s coupon policy, which typically can be found online or at the customer service desk in the store, will let you know the store rules for using coupons. Some stores will double your coupons. For instance, if you have a coupon that will save you \$.50 off a product, some grocery stores will double that so that you will save \$1.00 on that product. This information will be dictated in the store’s coupon policy. The policy will tell

you what coupons you can use, how many coupons you can use, if the store doubles or triples coupons up to a certain amount, and on what days they will double or triple.

Check coupon expiration date - Make sure to keep your eye on a coupon's expiration date. The expiration date can typically be located on the top of a coupon and will say expires: month/day/year. Once the coupon has expired you can no longer use the coupon to save money on your purchase.

Don't purchase an item you do not need - Don't purchase an item you don't need just because you have a coupon. If you are not in need of the product and will not use it, you are actually wasting your money rather than saving using coupons. Make sure to develop your grocery shopping list of the things you need prior to going to the grocery store. This will allow you to think through the things you need and prevent you from making impulse purchases.

SLIDE #12: Be a sharp shopper

Now that you have developed your menu, grocery shopping list, and compiled your coupons to save money, it is time to grocery shop. Be a smart shopper at the store. Another way to be a smart shopper is to check your food's expiration date for freshness. When you are at the grocery store, make sure that you check to see if the items have expiration dates.

Lead a discussion about what products you would expect to see an expiration date on. Chart the youth's responses.

Some foods like milk meat, bread, and cheese, have expiration dates so you'll know when they're fresh. If the products expiration date has passed, do not purchase the item. The expiration dates also indicates the last day that the food should be eaten. Other dates that you may see on food are:

- **"Sell-by"** - Tells the store how long to display the product for sale. You should buy the product before the date expires.
- **"Best if Used by" or "Best if used before"** - Recommended for best flavor or quality
- **"Use by"** - The last date recommended for the use of the product while at peak quality. The expiration dates have been determined by the manufacturer of the product.

You should also check fruits and vegetables in the grocery store for freshness. Lead a discussion about how to determine if a fruit or a vegetable is fresh. Chart the youth's answers for how to check and verify that fruits and vegetables are fresh.

SLIDE #13: Storing Food Properly

Explain to the youth that once they have purchased their groceries, it is important to store your food properly in your home. Storing foods properly will ensure that they do not spoil.

Read the following list of food items and have the youth identify where item should be stored from the following three options: Refrigerator, Freezer, and Pantry. Allow the youth time to discuss their answers if a disagreement occurs. *Note: Some of these food items can be stored in multiple locations. Allow time to discuss when it is appropriate to store these foods in the different locations.*

Meats (Fish, Chicken, Beef, Lamb, etc.)

Answer: Can be stored either in the refrigerator or the freezer. Meat stored in the refrigerator must be used by expiration date printed on the packaging by the manufacturer. Freezing meat allows you to keep it fresh longer. Chicken should only be frozen 9-12 months, beef 4-12 months, ground meat 3-4 months, pork 4-12 months, fish 3-6 months depending upon the type of fish.

<http://cookingsecond.com/how-long-can-i-freeze-meat/>

<http://foodpreservation.about.com/od/Freezing/a/How-Long-Can-I-Store-Food-In-The-Freezer.htm>

Milk

Answer: Must be stored in the refrigerator. It should be used prior to the expiration date printed on the packaging by the manufacturer to ensure that it is fresh. By storing milk in the refrigerator and abiding by the expiration date printed by the manufacturer, you can ensure that you are using a fresh unspoiled product for your cooking and consumption.

Bread

Answer: Can be stored in the pantry, refrigerator, or freezer. Bread will stay fresh in the pantry the shortest time. Storing bread in the refrigerator extends the length of time that the bread is fresh and prevents it from molding. You can also freeze bread if you are not planning to use it right away. This will lengthen the time that the bread remains fresh. Bread should only be frozen for 3 months.

Breakfast Cereal

Answer: Should be stored in the pantry.

Eggs

Answer: Must be stored in the refrigerator to ensure that they do not spoil.

Apples

Answer: Should be kept in the refrigerator. They may be kept in the pantry but they will likely not stay fresh as long.

<http://news.consumerreports.org/home/2009/06/best-ways-to-store-fruits-and-vegetables-consumer-reports-refrigerator-ratings-review.html>

Uncooked Pasta

Answer: Should be stored in the pantry.

Unopened jar of pasta sauce

Answer: Unopened jars of pasta should be stored in the pantry. Once the jar has been opened, you should store the jar in the refrigerator to keep it from spoiling or molding.

Granola Bars

Answer: Should be stored in your pantry.

Yogurt

Answer: Should be stored in the refrigerator and used prior to the expiration date printed by the manufacturer.

Bananas

Answer: Should be kept in your pantry. If you put them in the refrigerator they will turn brown.

Ice Cream

Answer: Should be stored in the freezer to prevent it from melting.

Potato Chips

Answer: Should be stored in the pantry.

Chocolate Chip Cookies

Answer: Should be stored in the pantry.

Cheese

Answer: Should be stored in the refrigerator. Cheese can also be frozen to lengthen the amount of time that it remains fresh. Cheese should only be frozen for 4-6 months before use.

SLIDE #14: Kitchen Safety

Now that you have made your weekly menu, created a grocery shopping list, gone to the grocery store and purchased fresh foods needed to create your menu items, it is time to prepare your meals. There are many dangers present in the kitchen and it is important to abide by the following kitchen safety tips to ensure that you and others remain safe in the kitchen. Here are some important facts to know before cooking:

- Keep Electrical appliances away from water to avoid shocks. Stay away from electrical sockets, especially if your hands are wet.
- If you burn yourself, hold the burned area under cool running water. Seek medical attention for severe burns.
- Check that the oven and other cooking appliances are turned off before you leave the kitchen. This will prevent a fire.

SLIDE #15: Kitchen Safety Continued

- Don't put knives or other sharp objects into a sink full of water. Someone could reach in and get hurt.
- Watch out for sharp knives. Cut in a motion that points away from your body. *Demonstrate how to cut in a motion that points away from your body.*
- Never put water on a cooking fire-it could make the fire bigger. It is important to have a fire extinguisher in your kitchen to put out a fire. If the fire is small, it can be put out with a fire extinguisher, baking soda, or smothered with a lid. Leave the house and call 911 if the fire has leaping flames.
- Don't put cooked food on an unwashed plate or cutting board that held raw food. This will contaminate your cooked food and may cause you to become very sick. Always use a clean plate.

SLIDE #16: Kitchen Safety Continued

- Never add water to a pan that has hot oil in it. Adding water could make the oil splatter and burn someone.
- Always turn pot handles in towards the back of the range top. This way no one can bump into them and knock the pot over.
- Keep paper towels, dish towels, and pot holders away from the range top so that they don't catch on fire.

SLIDE #17: What Kitchen Hazards Do You See in The Picture?

Have the youth look at the picture on this slide. Spend time deciding what about the picture is not safe. For each safety concern, have the youth identify how they could correct the problem to make it safe in the kitchen.

SLIDE #18: Chopped Cooking Challenge

During the next activity, youth will have the opportunity to practice cooking skills using a microwave. This activity will allow the youth to practice cooking and kitchen safety skills. This activity will also give the youth an opportunity to work in teams and to learn from each other. Groups will prepare a delicious meal in a competition setting much like the TV hit show “Chopped”.

Note: Be sure to have enough microwaves on hand for this activity. If you have access to a full kitchen with stove, oven, etc., you could find recipes that are more difficult.

Activity Preparation:

1. Select a microwave cooking recipe. Two microwave cooking recipes have been included in this curriculum, including a ***Microwave Southwest Chicken Casserole Recipe*** and a ***Microwave Tacos Recipe***. You can also locate microwave cooking recipes online at <http://www.myrecipes.com/microwave-recipes/> to identify a meal that your youth would enjoy cooking and eating.
2. Purchase items necessary for the preparation of this recipe. Because this is a cooking competition you will need to purchase enough food items for the number of teams you will be having (at least 2 but there may be more if you have a large group.)
3. Prior to the beginning of the workshop, place all food items needed to prepare your identified recipe into a cover basket (or other covered items) so that the teams will not know what the ingredients or the recipe is prior to the beginning of the competition. **If there are ingredients in the recipe that require refrigeration or to be frozen, please make sure that you store them properly. The baskets of ingredients can be pulled at the beginning of this section of the workshop.**

Activity:

Explain to the youth that they will be preparing a meal using just a microwave. This will be a timed cooking competition and they will be split into teams to see which team can follow the recipe accurately and prepare a delicious meal. The teams will be judged on accuracy of following the recipe, plating, team work, and taste.

Split the group into at least 2 teams prior to beginning the activity. It is recommended that there be up to but no more than 4 youth on each team to ensure that everyone has an opportunity to participate in the food preparation process. Assign each team to a microwave and have them stand next to their assigned microwave. Place a covered basket with the recipe's ingredients and recipe in front of each team.

At this point, the youth should not know what they will be cooking and what ingredients are included in the basket. Next, tell the youth how much time they will have to prepare their meal (this is determined by the recipe that you choose). Be sure to give the youth plenty of time so that they do not rush through the recipe and make a lot of mistakes. Once the teams are ready, start the timer and scream GO!

During the food preparation portion of the competition make sure to keep an eye on how the youth are preparing the food to ensure that you or whoever is judging the competition does not consume contaminated food. When the time expires, tell the youth to stop what they are working on. Lastly, judge the competition using the ***Chopped Scoring Sheet*** included with this curriculum. Identify the winner of the competition and celebrate everyone's participation and hard work.

Note: If you only have access to one microwave, proceed with the Chopped activity by having teams take turns cooking their meal. Give both teams the same allotted time to complete the activity.

After the activity:

Take time to reflect on this experience using the following discussion questions if time allows:

1. What did you think about preparing your meal using only a microwave?
2. Was this difficult? Easy?
3. What other items do you think you can prepare in the microwave? What things should you not cook in the microwave?
4. What is the benefit of cooking with a microwave? An oven? A crockpot?

SLIDE #19: Questions?

Do a recap of everything the youth have learned today and ask if there are any questions. Encourage youth to go home and practice the skills they have learned and reach out to a trusted adult if they have questions in the future or need clarification.