

**You will need:**

A variety of empty food containers

Food models or food pictures from magazines or flyers

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Purpose: To teach learners to plan food shopping.

Lesson 1 – Plan Before You Shop

Purpose: To teach learners how to plan meals and make a shopping list.

Instructor’s Note: Today shoppers are faced with a wide assortment of items in food stores. The foods that shoppers choose to buy affect the health of their families. Careful planning is important to eat well especially on a limited budget. Without planning it is possible to spend a lot of money on food and still not be well nourished. The cost of food does not necessarily indicate its nutritive value. Many lower cost foods provide excellent food value.

Activity 1 - Plan Before You Shop

Literacy Stage 1

1. Talk about the importance of planning grocery shopping.
2. Hand out [Resource Sheet 3.1: Plan Before You Shop](#) to learners. Ask each learner to read one point out loud. Talk about each of the points as a group. Ask the learners which ideas would work for them.
3. Have learners talk to one other person in the group about how they plan to buy food or what they could do to plan their shopping.

Activity 2 - Checking Inventory

Literacy Stage 2

1. Give each learner a food shopping list, [Activity Sheet 3.1: Shopping List](#). Review each item on the list so learners will be able to recognize the foods. Explain that it is a good idea to check the food on hand before making a shopping list.
2. Set up a display of empty food cartons. Ask learners to check off the food items on the shopping list. Have them write down how much of each food item is on display. Explain to learners that it is important to check the food they have on hand before making their shopping list.

Activity 3 - How to Make a Shopping List

Literacy Stage 3

1. Hand out [Resource Sheet 3.2: How to Make a Shopping List](#) to the learners. Ask learners to read it to themselves or read it out loud together.
2. Talk about things to think about when making a shopping list.
3. Place food models or set up a display of containers on the table and ask learners to pick 10 food items to put on their shopping list.
4. Have learners write a shopping list of the foods they have chosen.

Plan Before You Shop

Good shopping tips:

1. Check weekly food advertisements to find specials, sales and coupons.
2. Make a shopping list before you go to the store. Stick to your list but be prepared to take advantage of featured items that are on sale.
3. Be sure to include healthy foods from each of the four food groups in *Canada's Food Guide to Healthy Eating* on your shopping list.
4. Use convenience foods if they save time or money.
5. Shop alone if possible. Other people may distract you.
6. Don't shop when you are in a hurry or when the store is busy.
7. Plan to shop only once a week. The more times you shop, the more money you spend.
8. Don't shop when you are hungry. Impulse buying can be costly.

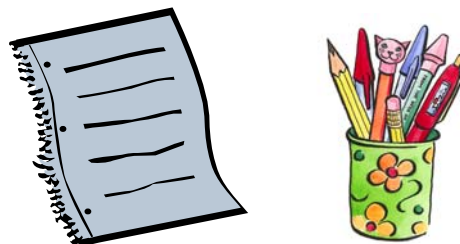


Shopping List

Meat Department	Dairy Department	Produce Department
Hamburger	Milk	Potatoes
Chicken	Cottage Cheese	Carrots
Fish	Cheese	Onions
Stewing meat	Butter	Cabbage
Roast	Other: Eggs	Lettuce
Sausages		Celery
Wieners		Rutabaga
Other:		Apples
		Oranges
		Bananas
		Other:
Bakery Department	Frozen Foods	Dry Goods
Bread	Juice	Cereal
Hot Dog Buns	Vegetables	Rice
Hamburger Buns	Fruit	Pasta
Other:	Other:	Canned beans
		Other:

How to Make a Shopping List

1. Always start with a menu plan so that you buy what you need.
2. Check menus and recipes to figure out the food amounts you need.
3. Write down the amounts you need for each item. Remember you may need some foods for more than one meal.
4. Look at grocery store flyers to plan around foods that are on sale.
5. Check what you have on hand. Use the food you have before buying more.
6. Find out what the food costs will be by using grocery store flyers or receipts from other shopping trips. If your costs will be more than you can spend, change your menus to use less expensive foods.
7. Organize your food list by store departments:
 - Bakery
 - Meats
 - Fish/Seafood
 - Dairy
 - Frozen Foods
 - Produce (Vegetables and Fruits)
 - Deli



Food List