

SERIES B: EATING BETTER ON A BUDGET SUMMARY

Series B	Goal	Objectives—Participants will:	Handouts	Activities	Recipes
1 EATING BETTER ON A BUDGET	Introduce participants to strategies they can use to make healthy food choices on a budget.	<ul style="list-style-type: none"> Become familiar with USDA MyPlate and learn the key messages of the MyPlate, MyWins tip sheet. Learn how to use the Nutrition Facts label to identify healthier foods. Learn strategies to eat better on a budget. 	<ul style="list-style-type: none"> MyPlate, MyWins, Make it Yours Understanding and Using the Nutrition Facts Label Eating Better on a Budget, MyPlate MyWins Find Someone Who 	<p>Welcome: Find Someone Who</p> <p>Activity 1: Using the Nutrition Facts Label</p> <p>Activity 2: Label Moves</p>	<ul style="list-style-type: none"> English Muffin Veggie Pizza: cookbook pg. 12 Asian Carrot Salad: cookbook pg. 32 Indian Lentils and Pasta: cookbook pg. 20 Chunky Black Bean Dip: website; (served with fresh vegetables): website Peanut Power Drink: website
2 PLAN MEALS AHEAD	Introduce participants to tools they can use to plan ahead and build healthy meals at home.	<ul style="list-style-type: none"> Gain the knowledge and skills to make a meal calendar that is healthy and within a limited budget. Learn strategies for writing a grocery shopping list. Develop the confidence to build a healthy meal plan on a limited budget. 	<ul style="list-style-type: none"> Build a Healthy Meal Create a Grocery Game Plan Weekly Calendar (2 per participant) 	<p>Welcome: Kitchen Manager</p> <p>Activity 1: Grocery Game Plan</p> <p>Activity 2: Sometimes vs. Everyday Heads-up</p>	<ul style="list-style-type: none"> Perfect Pumpkin Pancakes: cookbook pg. 6 Spinach Black Bean Salad: cookbook pg. 18 Easy Red Beans and Rice: cookbook pg. 30 Yogurt Berry Parfait: cookbook pg. 10 Easy Cheesy Enchiladas: website
3 PURCHASING VEGGIES AND FRUITS AT THE BEST PRICE	Introduce participants to strategies they can use to shop for veggies and fruits on a budget.	<ul style="list-style-type: none"> Learn to use the unit price tag to compare food items at the store and get the best price. Identify strategies to save money while shopping for vegetables and fruits (e.g. buying in bulk, in season, frozen, or canned). Build confidence using nutrition fact labels and MyPlate messages to shop for healthy foods. 	<ul style="list-style-type: none"> How to Freeze 20 Fruit and Vegetables Maine Produce Season Availability Smart Shopping for Veggies and Fruits Prepared Fruit Tray Activity Sheet 	<p>Welcome: Freezing Food Tips</p> <p>Activity 1: Prepared Fruit Tray</p> <p>Activity 2: Fruit and Veggie Recall</p>	<ul style="list-style-type: none"> Bell Pepper Smoothie: website Quick Chili: website Lemony Garbanzo Bean Dip (served with fresh vegetables): website Pumpkin Fruit Dip (served with fresh fruit): website Garden Sloppy Joes: website
4 PREPARE HEALTHY FOOD AND BEVERAGES FOR AN ACTIVE LIFESTYLE	Encourage participants to combine healthy food and beverages with an active lifestyle.	<ul style="list-style-type: none"> Identify strategies to drink more water and fewer sugary drinks. Learn physical activity recommendations and how to incorporate movement into a daily routine. Practice meal planning to fuel an active lifestyle. 	<ul style="list-style-type: none"> Why Should I Be Physically Active? Make Better Beverage Choices MyPlate, MyWins, Reach your Nutrition Goals Rethink Your Drink Matching Game Worksheet 	<p>Welcome: Rethink your Drink</p> <p>Activity 1: Group Walk</p> <p>Activity 2: Practice Planning</p>	<ul style="list-style-type: none"> Hummus (with fresh vegetables): cookbook pg. 43 Veggie Skillet Eggs: cookbook pg. 26 Blueberry Tofu Smoothie: website Salmon Salad Mix (served in pita bread): website Whole Wheat Blueberry Muffins: cookbook pg. 8