

Community Food Advisor Program

CFA Training – Session 6 Meal Planning and Shopping for Healthy Eating



Welcome & Introduction

At the End of This Presentation, You Will Have a Better Understanding of:

- Factors to consider when planning a menu
- Planning a healthy, balanced menu
- Preparing a shopping list
- Supermarket selling strategies

Save on Food Costs: Plan a Menu

What are The Benefits of Menu Planning?

- Meals planned according to the Food Guide
- More variety
- Reduces waste
- Saves time
- Less stressful meal times

Why Make a Menu Plan?

More Benefits of Menu Planning...Save Money!

- Plan for leftovers; less food wasted
- Use foods you have on hand
- Reduces impulse trips to supermarket
- Plan using weekly specials
- Buy fewer take-out meals

A Menu Plan To Suit Your Lifestyle

What Influences Your Eating and Cooking Patterns?

- How many people am I cooking for?
- How often do I eat out?
- Do I need to include packed lunch items?
- What is the busiest time of my day?
- What is my food budget?

A Menu Plan to Suit Your Lifestyle

Other factors to consider...

- What's in season?
- Transportation
- Cooking skills
- Storage
- What's on special?
- Family likes and dislikes

How to Plan Your Menu

Menu Planning is Easy

Step 1:

- Make a menu plan for 3 to 7 days at a time
- Look in flyers for specials

Step 2:

- Plan the main meal for each day first
- Select the main course, then add other foods
- Include a variety of foods from each food group

Step 3:

- Then plan other meals and healthy snacks
- Plan to use leftovers

Balanced Menu Checklist

Does Your Menu Plan Include the Following?

- ✓ 3 to 4 food groups at each meal
- ✓ 2 to 3 food groups at each snack
- ✓ A variety of colours, flavours and textures
- ✓ A dark green and orange vegetable every day
- ✓ At least half the grain products are whole grains
- ✓ Lower fat milk and alternatives
- ✓ Lean meats, poultry
- ✓ 2 meals that include fish in a week
- ✓ Beans, lentils, dried peas or beans

Save on Food Costs: Use Leftovers

Tips For Using Leftovers:

- Keep them at the front of the refrigerator so you won't forget them
- Use air-tight containers; label and date them
- Use leftovers within 2 to 4 days after cooking
- Store leftovers quickly after cooking to avoid spoilage

Save on Food Costs: Use Leftovers

What Are Your Ideas For Using Leftovers?

Vegetables and Fruit	Grain Products
Milk and Alternatives	Meat and Alternatives

Cook Once, Eat Twice

Tips For Using Leftovers:

Vegetables and Fruits

- Add vegetables to pasta, salads, casseroles, canned soups or spaghetti sauce
- Add fruit to cereal, yogurt or ice cream
- Blend fruit into a smoothie or milkshake
- Freeze overripe bananas to use in baking

Cook Once, Eat Twice

Tips For Using Leftovers:

Grain Products

- Freeze leftover rice to use in casseroles, soups, stuffed peppers, fried rice
- Use left-over pasta in soups, casseroles, salads

Cook Once, Eat Twice

Tips For Using Leftovers:

Milk and Alternatives

- Store grated cheese in a covered container in refrigerator or freezer
- Use sour milk in recipes such as muffins, biscuits or pancakes

Cook Once, Eat Twice

Tips For Using Leftovers:

Meat and Alternatives

- Add leftover cooked meats to salads, casseroles, omelets, soups or sandwich spreads
- Add cooked meats to macaroni and cheese, spaghetti sauce and other pasta meals
- Freeze meat or poultry in portion sizes for later use

Smart Shopping: Make a List



Benefits of Making a Shopping List:

- Helps you remember to buy all the items needed
- Helps you stay within your budget
- Saves time

Your Personalized Shopping List



- Make a master shopping list based on the layout of your grocery store
- Using your menu plan, fill in or circle the ingredients/foods that you need
- Ask family members to add items as they are used up or needed

Supermarket Selling Strategies

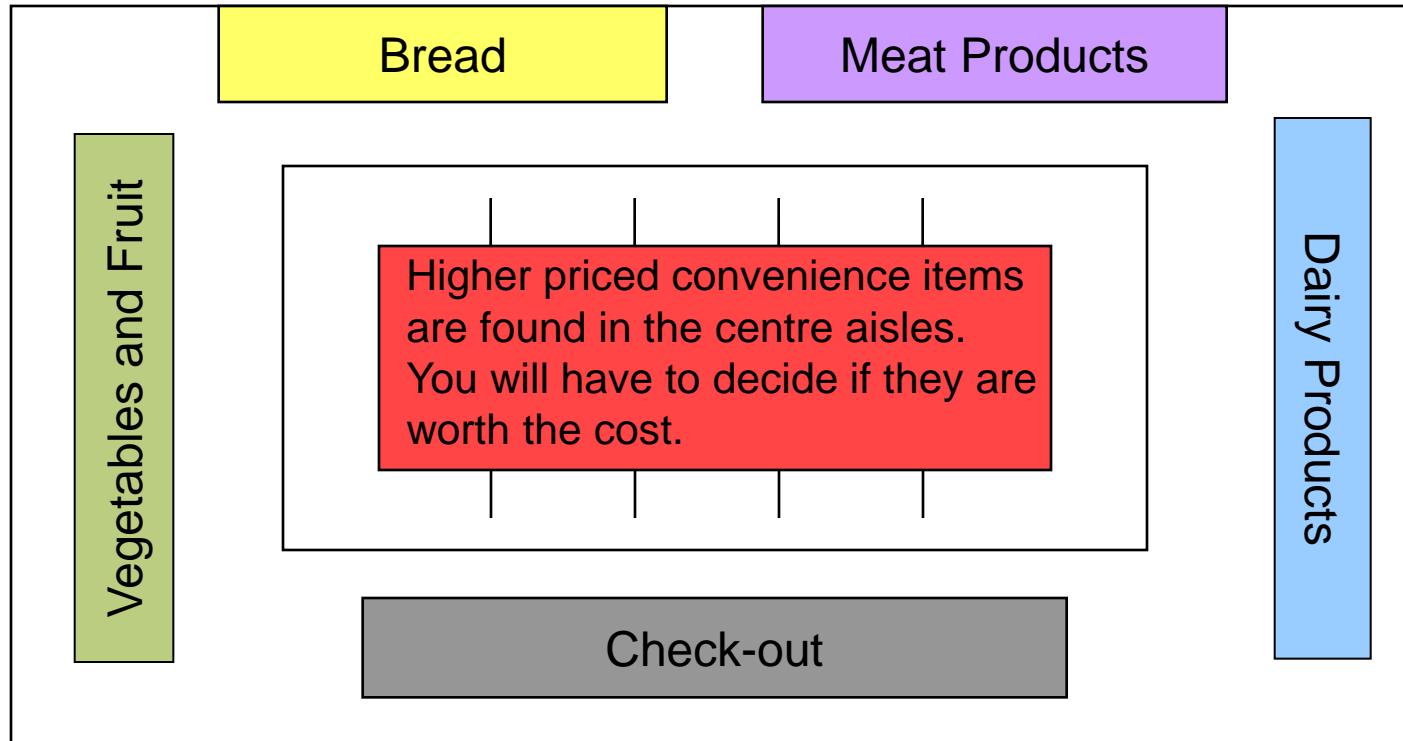
Activity

Smart Shopping Tips

- Avoid convenience stores
- Try not to shop more than once a week
- Stick to your list; if you have money leftover, stock up on sale items
- Buy only what you need and can use up
- Look high and low for lower priced items

Smart Shopping

Shop Around The Outside of The Store First



Smart Shopping: Unit Pricing

- Use unit pricing to compare cost of similar items in different sizes
- Unit prices are often labelled on grocery store shelves

$$\text{Unit Price} = \frac{\text{total price of item}}{\text{number of units}}$$

Smart Shopping: Unit Pricing

Example: 2% Milk

4 litres @ \$4.27 = \$1.07 per litre

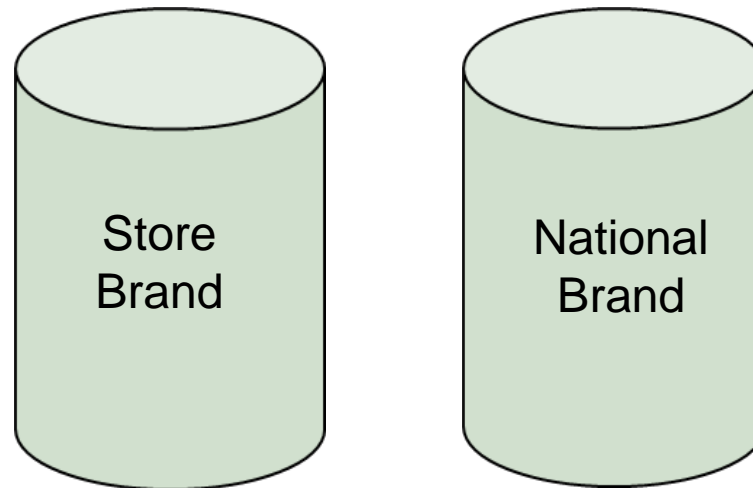
2 litres @ \$3.83 = \$1.92 per litre

1 litre @ \$2.33 = \$2.33 per litre

 This is the best buy

Compare Brands

**Is There A Difference In Quality
and/or Price?**



Bulk Foods

- Buy in bulk if you need only a small amount of an ingredient or if you need an ingredient you don't often use
- Buying in bulk is not always more economical; compare unit prices

Example:



Bulk Bin



Store Brand