



La Familia / Casa y Campo Project Promotora Program

Nutrition Lesson # 3: Stretching Your Food Dollars (Part 1)

By the end of the lesson the participant will have:

- Reviewed money saving tips for food shopping
- Practiced using the unit price to find the best buy

Materials for participant:

- Handout: *Saving Money at the Grocery Store*
- Handout: *Compare the Unit Price: Bigger packages can save you money!*
- Handout: *Compare the Unit Price: Store brands cost less than name brands*

Materials for demonstration:

- Bowls of cereal
- Containers of liquid
- Canned goods (house and name brands)

Help the participant understand how she can save money shopping for groceries in the United States:

Assessment:

- How did you save money while grocery shopping in Mexico?
- How is saving money at the grocery store different in the United States?

Activity:

Review handout: *Saving Money at the Grocery Store*.

Reflection:

- Which money saving tips do you think you might try in the next month?

Help the participant understand how to read the unit price so she can decide when buying in bulk and buying the store brand is a better deal:

Assessment:

- Is buying in bulk always cheaper?
- What are the store brands in the supermarkets where you shop?

Activity:

Review handout: *Bigger packages* (use cereal bowls and containers of liquid for demonstration).

Review handout: *Store brands* (use and canned goods for demonstration).

Reflection:

- What is the most useful technique for saving money you learned today?