



La Familia / Casa y Campo Project Promotora Program

Nutrition Lesson # 4: Stretching Your Food Dollars (Part 2)

By the end of the lesson the participant will have:

- Reviewed how to use the unit price to find the best buy
- Reviewed how to use coupons to save money

Materials for participants:

- Handout: *Compare the Unit Price: Expensive Packages Make Food Cost More!*
- Handout: *Compare the Unit Price: Sometimes Time Savers Are Not Money Savers*
- Handout: *Tips for Using Coupons!*

Materials for demonstration:

- Store and newspaper coupons
- Paper, pencils, calculator (optional)

Review of Lesson 3:

- Did you try any of the money saving tips from Lesson 3?
 - What happened?
 - What did you learn?

Help the participant compare the unit price in order to save money:

Assessment:

- What are some foods that use fancy packages?
- What are some foods that use plain packages?
- Which do you use? Why?
- What are some examples of convenience foods that you have seen in the grocery store?

Activities:

Review handouts, *Expensive packages Make Food Cost More* and *Sometimes Time Savers are Not Money Savers*. Practice calculations so the participant can see which purchases save money.

Reflection:

- What did you learn by completing these two activities?

Help the participant determine if using a coupon will save her money:

Activity:

Review handout, *Tips for Using Coupons*. Examine coupons to find:

- product
- amount
- expiration dates
- special requirements.

Reflection:

- Which of the methods that you learned about today will you use in the month?