

# Session 9



## Eat Heart Healthy— Even When Time or Money Is Tight

### Objectives

**By the end of this session, participants will learn tips to:**

- Make mealtimes easier
- Eat out in a heart healthy way
- Save money on food bills

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### Materials and Supplies

**To conduct this session, you'll need:**

- *With Every Heartbeat Is Life* manual and picture cards
- Blackboard and chalk, dry erase board, or several large pieces of paper, a marker, and tape
- Pencils

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### Handouts

**Give each participant these handouts during this session:**

- Tips for Busy People (page 9.21)
- Lakisha's Dilemma (page 9.22)
- Tips for Eating Out the Heart Healthy Way (page 9.23)
- Lakisha's Monthly Food Budget (page 9.24)
- Your Monthly Food Budget (pages 9.25)
- Money-Saving Tips (page 9.26)
- Shopping List (pages 9.27-9.28)
- Soul Food Makeover: Catfish Stew and Rice Recipe (page 9.29)

## Before This Session

- Gather examples of food advertisements, from magazines or online, that focus on the themes of family, health, sex appeal, humor, appearance, or famous people.
  - Create the nutrition display, Making the Best Choice in Fast Food Places. (See page A.18 in the Appendix.)
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## Session Outline

### Introducing the Session

1. Welcome
2. Review of Last Week's Session
3. About This Session

### Conducting the Session

1. Eating in a Heart Healthy Way When You're Short on Time
  - A. Busy Times
  - B. Quick and Easy Meal Tips
  - C. Eating Out
2. Saving Money on Your Food Bill
  - A. Food Budget
  - B. Money-Saving Tips
3. Food Advertising Activity
4. Soul Food Makeover: Catfish Stew and Rice Recipe

### Review of Today's Key Points

### Weekly Pledge

### Closing

# Introducing the Session

## 1. Welcome

DO **Welcome** participants to the session.

## 2. Review of Last Week’s Session

### NOTE



After each of the following questions, allow about 3 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

If participants went on a grocery store tour, **ask** them what they learned from the tour.

**SAY** At the last session, we talked about how to make traditional African American dishes in a heart healthy way. What do you remember is heart healthy about the traditional African American diet?

DO **Add** the following if participants don’t mention them:

- The traditional African American diet has a lot of healthy foods that are low in fat and sodium, such as:
  - Greens, sweet potatoes, and fruits
  - Whole grains, such as rice and millet
  - Butter beans, lima beans, and black-eyed peas
  - Chicken, fish, and some milk products

**ASK** What are some foods that we should eat less often?

DO **Add** the following if participants don’t mention them:  
We should limit foods that have a lot of saturated fat, sodium, and sugar.

Here are examples of those foods:

- High-fat foods, like fried fish, fried chicken, fatty meats, and high-fat cheeses
- Salty foods, like potato chips and cured meats
- High-fat and high-sugar foods, like pastries, pies, honey buns, cookies, and chocolate
- Sugary foods, like candy, soft drinks, sweetened iced tea, and energy drinks

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**ASK** How can you use the heart healthy eating plan to choose heart healthy foods?

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**DO** **Say** the following if participants don't mention them:  
Use the plan to select foods from each food group that are lower in saturated fat, sodium, and sugar.  
Use the plan to see how much you need from each group every day.

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**ASK** Why is it helpful to know how much to eat from each food group?

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**DO** **Say** the following if participants don't:  
Knowing the amount of food you need helps you get the right amount of calories and nutrients every day.

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**ASK** How are you doing on your pledges to eat in a heart healthy way? What went well? What kinds of problems did you have? Maybe your family didn't like some of the changes. How did you solve the problems?

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**ASK** Has anyone completed the family health history?

**NOTE**



(Optional) **Give** a prize to participants who've completed the history.

**ASK** Does anyone want to share what they've learned about their family health history?

**NOTE**

Allow 5 minutes for participants to respond.

### 3. About This Session

**SAY** Tennis star Serena Williams said, “Victory is very, very sweet. It tastes better than any dessert you’ve ever had.”

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**ASK** What does this quote mean to you?

**NOTE**

Allow 2 to 3 minutes for participants to respond.

**SAY** Today, you’ll learn how to eat in a heart healthy way—even when you have little time and are on a tight budget. You’ll learn:

- Quick and easy ways to prepare heart healthy meals
- How to eat right when eating out
- Food shopping on a budget
- The effects of advertising on what we buy

# Conducting the Session

## 1. Eating in a Heart Healthy Way When You're Short on Time

### A. Busy Times

**SAY** Many of us have little time to shop, cook, and clean up.

**SAY** When we're busy we may:

- Skip breakfast and lunch and eat one big meal in the evening
- Eat out several times a week
- Buy boxed, instant, or pre-prepared foods
- Buy food from vending machines

**ASK** What do you eat when you're short on time?

#### NOTE



Allow about 5 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

**SAY** When we're in a hurry, we're less likely to think about choosing heart healthy foods. We look for food that's easy to buy or quick to make. Unfortunately, that food is often high in fat, sodium, sugar, and calories. For example, we eat snacks and candy from vending machines, prepackaged microwave meals, or burgers from fast food restaurants.

We may also eat bigger portions of high-fat, high-calorie food when there's no time to prepare healthy side dishes like a salad, vegetable, or a whole grain, such as brown rice.

## B. Quick and Easy Meal Tips

### NOTE



This part of the session will help participants think about ways to prepare meals in less time.

DO

**Give** each participant the “Tips for Busy People” handout (page 9.21).



HANDOUT

DO

**Show** picture card 9.1 while you **review** the “Plan Your Meals” and “Use a Shopping List” sections of the handout.



PICTURE

SAY

It’s common to feel too tired or too busy to prepare the kind of meal you’d like to eat or would like your family to have.

Today, we’ll learn ways to save time and make meal preparation easier by:

- Planning weekly meals based on your family’s schedule
- Making fewer trips to the store
- Using a shopping list
- Teaching your loved ones how to shop for groceries

DO

**Show** picture card 9.2 when you review the “Cook in Advance” section.



PICTURE

SAY

Here are tips for enjoying heart healthy meals when time is limited:

- Prepare some foods in advance, such as spaghetti sauce. Use these foods for quick meals. For example, you can add chicken or turkey to the sauce and serve it over spaghetti or rice with vegetables.
- Prepare part of a meal the night before. For example, marinate chicken in the refrigerator overnight.
- Pack your lunch the night before.
- Cook and freeze two or three dishes on your day off.

DO

**Ask** for volunteers to read the tips out loud, one at a time. Allow participants to comment as the tips are read.

**ASK** Would you find any of these tips difficult to do?

**NOTE**

Allow 3 to 5 minutes for participants to respond.

**Group Activity**

ACTIVITY

**NOTE**

This activity will help participants think about creative ways a family can have heart healthy meals when time is limited.

**DO**

**Form** groups of three or four participants. **Give** them the “Lakisha’s Dilemma” handout (page 9.22).



HANDOUT

**SAY**

I’m going to read the handout while you follow along. Think about how Lakisha can solve her problem.

**Lakisha’s Dilemma—A Real-Life Story**

Lakisha has two daughters, Tamika (age 3) and Shandra (age 10 months). She’s also raising her two nephews, 11-year-old Devon and 10-year-old Jamar. Lakisha’s aunt, Ms. Connie, watches the younger children from 8 a.m. to 5 p.m., while Lakisha’s at work. Lakisha receives food assistance and needs to watch her budget



After picking up the kids, Lakisha doesn’t have much time to make dinner. She may give the children prepackaged noodle mixes, spaghetti from a can, or take-out fried chicken.

To get to a supermarket with a large selection of foods, Lakisha has to ride a bus and then she has to carry the groceries home from the bus stop. So she often buys her groceries from a nearby convenience store, which has higher prices and fewer healthy foods.



DO **Ask** each group to discuss how Lakisha can make sure her family eats in a heart healthy way.

## NOTE



Allow about 5 minutes for the groups to come up with suggestions.

DO **Ask** one person from each group to present their group's suggestions.

DO **Add** these ideas if they're not mentioned:

- Lakisha could cook and freeze two or three meals over the weekend.
- She could make a meal in a slow cooker, so it will be ready when she gets home.
- Lakisha's nephews could meet her bus and help carry the groceries.
- Her family could set the table and do the dishes.
- She could buy roasted chicken instead of fried chicken.
- Several families could get together and share meals.
- She might find fresh produce at a discount at a farmer's market.

### C. Eating Out

## NOTE



This activity will teach participants how to make heart healthy choices at fast food restaurants.

DO **Show** the nutrition display, Making the Best Choice in Fast Food Places.

**SAY** Wherever you eat, try to create a balanced meal. Make half your meal vegetables, one-fourth of it a grain (preferably whole grain like brown rice or whole wheat bread), and one-fourth a protein (like beans, chicken, or fish). For example, you could order a large salad with low-fat dressing or two servings of vegetables, baked fish, and a small whole wheat roll or side of rice.

**ASK** Where do you eat when you eat out?



Allow about 3 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

**SAY** People may eat at a fast food restaurant because:

- The food comes quickly, tastes good, and is cheap.
- It has food, toys, and playgrounds for children.

**DO** **Show** picture card 9.3. Keep it on display while you review the handout.



PICTURE

**SAY** Many fast foods are high in saturated fat, sodium, sugar, and calories, so look for the healthier options:

- Order small, plain hamburgers instead of “deluxe” ones.
- Choose grilled instead of breaded chicken or breaded fish sandwiches.
- Share a small order of french fries instead of eating a large order by yourself.
- Order a green vegetable or salad instead of potatoes, rice, pasta, or cornbread.
- Choose water instead of a soft drink or milkshake.

**DO** **Give** each participant the “Tips for Eating Out the Heart Healthy Way” handout (page 9.23).



HANDOUT

**DO** **Ask** for volunteers to read the suggestions on the handout out loud.

**SAY** Do you have other ideas for making heart healthy choices at restaurants?

**NOTE**

Allow 2 or 3 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

**SAY** Let's talk briefly about buffet-style and "all-you-can-eat" restaurants. They may seem like great, money-saving places, but you're likely to overeat. Don't go too often.

**SAY** If you do go, make heart healthy choices, such as roasted, broiled, or grilled lean meat or fish and steamed or sautéed vegetables without sauces. Also, watch your portion size.

Eating a lot to "get your money's worth" isn't a good deal if your health and waistline suffer.

## 2. Saving Money on Your Food Bill

### A. Food Budget

**ASK** Do you have trouble stretching your food budget until your next paycheck or the end of the month? What kinds of problems do you face?

**NOTE**

Allow 3 to 5 minutes for participants to respond.

**SAY** Making a monthly food budget is your first step to healthy eating with limited money. A budget is a plan for the amount of money you can afford to spend on certain items.

**DO** **Give** each participant “Lakisha’s Monthly Food Budget” and “Your Monthly Food Budget” handouts (pages 9.24-9.25).



**SAY** Let’s see how Lakisha made her monthly food budget.

**DO** **Ask** a participant to read the handout out loud.

**ASK** Does anyone have other tips to help plan a monthly food budget?

**NOTE**



Allow 3 to 5 minutes for participants to respond. **Write** their answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

## B. Money-Saving Tips

**ASK** What do you do to save money on food? Have any of you found useful online tools or a good source for coupons?

**NOTE**



Allow about 5 minutes for participants to respond. **Write** these answers also.

**SAY** Here are some other ways to save on your food bill.

**DO** **Give** each participant the “Money-Saving Tips” handout (page 9.26). **Ask** for volunteers to read the tips out loud.



**DO** **Give** each participant the “Shopping List” handout (pages 9.27-9.28).



**SAY** Use this list when you shop. Check off or write on the blank lines what you need to buy.



ACTIVITY

### 3. Food Advertising Activity

**NOTE**

This section will help participants become more aware of how advertising affects what they decide to buy.

**SAY**

Food companies spend *billions* on packaging and on radio, TV, and Internet ads to get you to buy their food.

- Nationally advertised items usually cost more than store brands and local brands.
- Most people are more likely to buy items with fancy, eye-catching packaging.
- Ads and other promotions for sweet drinks, fast foods, and other products often target African Americans.
- African American children see more food ads than white children do, especially for sugar-sweetened beverages and fast food restaurants.
- Companies use sports teams, athletes, and sports video games to promote unhealthy foods.
- Understanding food advertising can help you make better choices over the long term.

**DO**

**Ask** participants to describe advertisements that may have prompted them, their children, or friends to buy certain foods.

**NOTE**

Allow about 3 minutes for participants to respond.

**DO** **Review** different themes advertisers use to get us to buy certain foods. **Show** or **describe** the ads you found before the session.

**NOTE**

As you discuss the six themes, **write** them on the blackboard, dry erase board, or large piece of paper taped to the wall. You'll need these themes for the group activities.

**SAY** Advertisements often focus on family, health, sex appeal, humor, appearance, or famous people.

▪ **Family**

Advertisers target African American women's love of family and role as caregivers.

▪ **Health**

Advertisers promote products' supposed health benefits because people worry about their health.

▪ **Sex appeal**

We want to believe that we too will be beautiful and sexy if we use their products.

▪ **Humor**

A funny advertisement often helps us remember a product.

▪ **Appearance**

Advertisers make food look better in ads than it looks in real life, so we want to try it.

▪ **Famous people and shows**

Companies pay famous people to help sell products. They also pay to place their products in popular TV shows, on YouTube, and in movies and videos.



## Group Activity

**NOTE**

This activity will help participants think about how advertising affects what they buy.

**DO**

**Form** groups of three or four. **Give** each group two to three advertisements that you collected before the session.

**SAY**

I have given you real advertisements. Talk with the others in your group about which themes your ads use.

**NOTE**

Allow about 5 minutes for the groups to come up with their ideas.

**DO**

**Ask** one person from each group to present their group's ideas.

**SAY**

Advertisements can be helpful, but they can also get us to buy things we don't need, can't afford, or that aren't as good as they seem.

**ASK**

What should you ask yourself before buying something?

**NOTE**

Allow 4 to 5 minutes for participants to respond.

**DO** **Add** the following questions if participants don't mention them:

- Do I really need it?
- Is there a less expensive alternative?
- Have I compared the products' nutrition labels?
- Am I buying it because it comes in a nice package?
- Am I buying it because of a catchy advertisement?
- Am I buying it because I have a coupon or because it's on sale?
- Can I afford it, even with a coupon?

**SAY** If you want to buy name brands, save money by buying the products when they're on sale.

## 4. Soul Food Makeover: Catfish Stew and Rice Recipe



RECIPE

**DO** **Give** participants the “Soul Food Makeover: Catfish Stew and Rice Recipe” handout (page 9.29). **Suggest** that they try the dish this week.



HANDOUT

**ASK** How can this dish help us eat in a heart healthy way when we have little time?

**DO** **Add** these answers if participants don't mention them:

- This dish can be prepared and frozen for you to eat later.
- It includes a lot of vegetables.
- It's low in fat and sodium.



## Review of Today's Key Points

**SAY** Let's review what we learned today.

### **What can you do to save time in meal preparation?**

- Get help from your family members.
- Cook several dishes at one time and freeze some to eat later.
- Make enough to have leftovers for lunch.
- Pack lunches the night before.
- Learn simple, fast recipes.
- Use a slow cooker.

### **What can you do to eat healthier when eating out?**

- Order the small, plain hamburgers or other sandwiches—not the “deluxe” versions.
- Don't get large sizes.
- Ask for roasted or grilled chicken or fish, not breaded.
- Go for vegetarian pizza, and ask for less cheese.
- Order your sandwich without mayonnaise or sauce.
- Avoid the “value” or “combo” meal unless it comes with healthy sides, like apple slices or a salad.
- Instead of getting a large order of fries, share a small order or get a side salad instead.
- Choose water or 100 percent fruit juice, unsweetened iced tea, or fat-free or low-fat (1 percent) milk instead of a soft drink or milkshake.

**How can you stretch a limited food budget and still eat healthy?****▪ Before you shop:**

- Make a monthly food budget.
- Plan your meals for the week, and think about how you'll use the leftovers.
- See what you already have in your freezer, cabinets, and refrigerator.
- Look for coupons, including in your local newspaper and online.
- Make a shopping list of what you need to buy for the week. It should have a mix of canned, fresh, and frozen fruits and vegetables. Don't forget inexpensive protein foods like beans and peas.
- Plan how you'll get to the supermarket, so you don't have to shop at a convenience store.

**▪ At the store:**

- Use your list and your coupons.
- Stores often stock the priciest items at eye level, so look at the upper and lower shelves.
- If a sale item has run out, ask the store for a rain check.
- Join your store's loyalty program to get discounts.
- With fresh food, like vegetables, buy only the amount that you or your family can use before it spoils.
- Try not to shop when you're hungry.
- Buy store brands as often as possible.
- Check your receipt for errors at the cash register.

## Weekly Pledge



**SAY** You've learned a lot today about eating in a heart healthy way even when you're short on time and money. As Serena Williams said, "Victory is very, very sweet. It tastes better than any dessert you've ever had." Please think of one change you can make in your everyday life to eat in a heart healthy way even when time or money is tight. This will be your pledge for the week.

**SAY** Be specific about **what** you'll do, **how** you'll do it, and **when** you'll start. Here are some examples:

- I'll use a shopping list the next time I go to the store.
- I'll try a store brand the next time I go food shopping.
- I'll choose a restaurant that isn't buffet-style the next time I go out to eat.
- I'll plan my dinners for the next week so I don't eat fast food.

### NOTE



Allow 5 minutes for participants to think of a pledge.

### ASK

Would anyone like to share their pledge with the group?

### NOTE



**Write** down pledge ideas on the blackboard, dry erase board, or large piece of paper taped to the wall.

### SAY

*(Optional)*

Keeping a personal value in mind can help you eat in a heart healthy way when you're on a tight budget or have little time. Remember that a personal value is a quality that you consider important.

Today's value is **gratitude**. Gratitude can help you appreciate your efforts to change, no matter how small they may be.

**ASK** How could you use gratitude or another value to help you keep your pledge?

**NOTE**

Allow 3 minutes for participants to share their thoughts.

**SAY** We'll discuss the results of your pledges next week. Don't forget to work on your pledges to be more physically active; to cut back on sodium, saturated fat, and sugar; to reach and keep a healthy weight; to prevent or control diabetes; and to make heart healthy eating a part of your life and your family's.

## Closing

**SAY** Thank you for coming today. What did you think of today's session?

**NOTE**

Allow a moment for participants to respond.

**SAY** I'm looking forward to seeing you at the next session. It will be on living tobacco free.

Please continue to work on your family health history.

**NOTE**

**Think** about today's session. What worked and what didn't work? Have you decided to make any changes in your own life that were covered in today's session?



# Tips for Busy People

## Plan Your Meals

- ♥ Plan weekly meals.

## Use a Shopping List

- ♥ Save money and time by making fewer trips to the store. Make and use a shopping list.

## Share Meal Preparation Tasks

- ♥ Teach your family how to shop for groceries.
- ♥ Get your family to help prepare meals and clean up.
- ♥ Clean as you cook, so you'll have less to do later.
- ♥ Share cooking duties with other family members or neighbors. For example, cook enough food to share with another family.

## Cook in Advance

- ♥ Prepare some foods in advance (such as a sauce). Use these foods for quick meals. You can add chicken or turkey to the sauce and serve it over spaghetti.
- ♥ Prepare parts of a meal the night before (for example, marinate chicken in the refrigerator overnight).
- ♥ Pack your lunch the night before.
- ♥ Cut and wash vegetables, and make enough salad for two days. Don't add dressing until serving time.
- ♥ Cook and freeze two or three dishes on your day off. Use those dishes on the days you don't have time to cook.
- ♥ Do some prep the night before by cutting up vegetables or meat that the recipe calls for.
- ♥ Prepare meals in a slow cooker.

## Cook Simply

- ♥ Steam vegetables and flavor them with herbs.
- ♥ Use frozen vegetables without sauces.
- ♥ Broil, roast, bake, or grill meats.
- ♥ Make one-pot meals, such as stews and casseroles.
- ♥ Use frozen vegetables (such as carrots, greens, and peas).
- ♥ Learn simple recipes you can make in less than 30 minutes.

## Use Herbs and Spices

- ♥ Chop fresh herbs, put them in ice cube trays with water, and freeze. Store the frozen cubes in a plastic bag. Use when you need fresh herbs.
- ♥ Grow oregano, basil, or thyme on a sunny windowsill.
- ♥ Keep dried herbs on hand. One teaspoon of dried herbs is equal to 3 teaspoons of fresh herbs.

## Keep Quick Snacks on Hand

- ♥ Try these healthy snacks:
  - Cut-up fresh fruit or vegetables
  - Whole grain, ready-to-eat dry cereal
  - Fat-free and low-fat yogurt
  - Low-fat cheese
  - Whole grain breads



# Lakisha's Dilemma\*

Lakisha has two daughters, Tamika (age 3) and Shandra (age 10 months). She's also raising her two nephews, 11-year-old Devon and 10-year-old Jamar. Lakisha's aunt, Ms. Connie, watches the younger children from 8 a.m. to 5 p.m., while Lakisha's at work. Lakisha receives food assistance and needs to watch her budget.

After picking up the kids, Lakisha doesn't have much time to make dinner. She may give the children prepackaged noodle mixes, spaghetti from a can, or take-out fried chicken.

To get to a supermarket with a large selection of foods, Lakisha has to ride a bus and then she has to carry the groceries home from the bus stop. So she often buys her groceries from a nearby convenience store, which has higher prices and fewer healthy foods.

## What can Lakisha do to make sure her family eats in a heart healthy way?

**Write down some ideas for Lakisha to try:**

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\*Adapted from an original story created by Maxine Vance, community health worker, CHW Advisory Group (2002).



# Tips for Eating Out the Heart Healthy Way

You don't have to give up eating out to eat right.

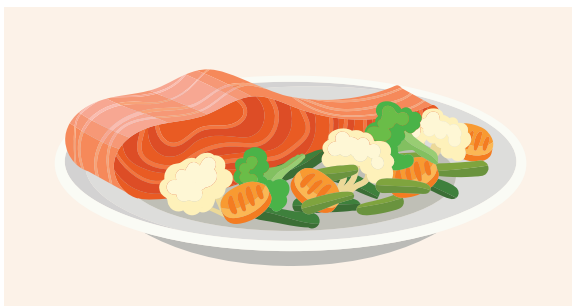
**Here are some tips for making heart healthy choices at restaurants.**

## Sandwiches

- ♥ Order sandwiches without mayonnaise, tartar sauce, or special sauces. Try mustard or low-fat mayonnaise. Ask for vegetables on your sandwich.
- ♥ Order small, plain hamburgers instead of “deluxe” ones.
- ♥ Order sandwiches made with lean roast beef or turkey. Chicken salad and tuna salad made with regular mayonnaise are high in fat.
- ♥ Choose grilled instead of breaded chicken or fish sandwiches.

## Main dishes

- ♥ Go for rotisserie-style chicken rather than fried. Always remove the skin.
- ♥ Order pizza with vegetable toppings, such as peppers, mushrooms, or onions. Ask for half the usual amount of cheese.
- ♥ Choose grilled, steamed, or baked fish instead of deep-fried.
- ♥ Leave off all butter, gravy, and sauces.



## Side dishes

- ♥ Ask for any high-fat toppings, including salad dressing, on the side. Use less than the amount they give you.
- ♥ Ask the server not to add salt to your serving.
- ♥ Order a baked potato instead of fries.
  - Try salsa or vegetables as a potato topping.
  - If you really want fries, order the small size to share instead of having a large order by yourself.
- ♥ Use low-calorie, low-fat salad dressing. Bring your own if the restaurant doesn't offer a low-fat dressing. You can buy small packets at some stores.
- ♥ Try to create a balanced meal by making half your meal vegetables, one-quarter a whole grain, and one-quarter a protein.
- ♥ Ask for low-fat cheese and low-fat sour cream.

## Beverages

- ♥ Choose water, 100 percent fruit juice, unsweetened iced tea, or fat-free or low-fat (1%) milk rather than a soft drink or a milkshake.
- ♥ If you really want to have a soft drink, order a small one.

## Desserts

- ♥ Buy a small fat-free frozen yogurt, low-fat ice cream, or sherbet instead of cakes or pies.



## Lakisha's Monthly Food Budget

Lakisha needs to plan how much money she can spend on food each month to feed her family of five. Follow Lakisha's steps as she makes her first monthly food budget.

For your budget, you can also check out online and electronic budgeting tools. Use what works best for you.



### Step 1: Lakisha figures out how much she can spend on food each month.

- She receives \$300 in food stamps each month.
- She figures out that she can put \$190 aside from her salary for food each month.
- In total, she can spend \$490 each month for food ( $\$300 + \$190 = \$490$  per month).

### Step 2: Lakisha writes down what she spends on food and keeps all her receipts.

She writes down how much she spends at the grocery store and at restaurants in her Food Money Log. She clips the log to the envelope where she keeps her receipts.

### Step 3: Lakisha checks her expenses each week to make sure she sticks to her monthly food budget.

Lakisha adds up her food expenses each week. Then she adds up what she has spent during the month so far and compares the amount with her total monthly food budget.

#### Let's plan your monthly food budget. Use the Food Money Log handout.

- 1 Figure out how much money you have to spend on food for the month.
- 2 List the cost of each item you bought in the Week 1 column, add the costs together, and put the total on the Weekly Total Spent line.
- 3 Put your monthly food budget on the Monthly Budget line. Subtract from that the amount spent in Week 1. That's your Remaining Monthly Budget.
- 4 Copy remaining amount from Week 1 to Week 2 Remaining Monthly Budget line.

#### NOTE



**Try to plan** for the entire month, so you don't run out of money. You have a good plan if you don't go over your monthly food budget.





# Your Monthly Food Budget

## Food Money Log

Month \_\_\_\_\_ Monthly Food Budget \$ \_\_\_\_\_

Week 1	Week 2	Week 3	Week 4
<b>Cost of each item</b>	<b>Cost of each item</b>	<b>Cost of each item</b>	<b>Cost of each item</b>
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
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\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
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\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
<b>Weekly Total Spent \$</b> _____	<b>Weekly Total Spent \$</b> _____	<b>Weekly Total Spent \$</b> _____	<b>Weekly Total Spent \$</b> _____
Monthly Budget \$ _____	Remaining Monthly Budget \$ _____	Remaining Monthly Budget \$ _____	Remaining Monthly Budget \$ _____
Subtract amount spent from Week 1 - \$ _____	Subtract amount spent from Week 2 - \$ _____	Subtract amount spent from Week 3 - \$ _____	Subtract amount spent from Week 4 - \$ _____
Remaining = \$ _____	Remaining = \$ _____	Remaining = \$ _____	Remaining = \$ _____



# Money-Saving Tips

**You can save money on groceries. Follow these simple suggestions.**

## Before Going to the Store

- ♥ Plan weekly meals. Your family can help you plan the menu.
- ♥ Make a shopping list based on your meal plan.
- ♥ Look for websites or apps for your phone that help you find sales for items you normally buy.
- ♥ Check for coupons online, in the newspaper, and in store mailings. Ask your children or another family member to help you.
- ♥ Remember—coupons don't save you money if you buy products that you don't need. Always compare the price of the items you have the coupons for with the price of similar items, such as the store brand.
- ♥ Make fresh foods at home instead of using prepared items like salad from a salad bar, prepared foods from a deli, or microwave meals.



## At the Store

- Buy what's on your list. You're more likely to buy too much or buy items that you don't need when you don't use a list.
- ♥ Convenience foods cost more. Some examples include:
    - Canned beans
    - Boneless chicken breasts
    - Precut fruit and vegetables
  - ♥ Buy fruits and vegetables that are in season.
  - ♥ Shop alone when possible. Family members or friends may try to get you to buy items you don't need.
  - ♥ Don't shop when you're hungry.
  - ♥ Watch for errors at the cash register. Sometimes sale items don't ring up as being on sale. Some stores give customers free items if they charged the wrong amount.
  - ♥ Look for store brands. They're usually just as nutritious as the more expensive name brands.
  - ♥ Stores often stock the priciest items at eye level, so look at the upper and lower shelves.

## Choosing a Store

- ♥ If you can, shop at the store that has the lowest prices for the items you need. That may not be the same store every week.
- ♥ Remember that convenience stores have higher prices and less variety than supermarkets.



# Shopping List\*

**Make a shopping list. Include the items you need for your menus and any basic items you need to restock your kitchen.**

## Produce

- \_\_\_\_\_ Fresh fruits (bananas, apples, oranges, grapes)
- \_\_\_\_\_ Fresh vegetables (cabbage, lettuce, carrots, greens, onions, tomatoes, squash, sweet potatoes, green peppers, okra)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Whole Grain Breads, Muffins, and Rolls

- \_\_\_\_\_ Bread, bagels, biscuits
- \_\_\_\_\_ English muffins
- \_\_\_\_\_ Dinner rolls
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Cereals, Rice, Crackers, Pasta, and Noodles

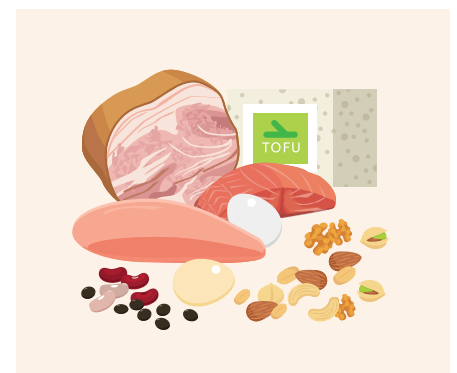
- \_\_\_\_\_ Unsweetened cereal, dry or cooked
- \_\_\_\_\_ Brown rice
- \_\_\_\_\_ Whole grain pasta (noodles, spaghetti)
- \_\_\_\_\_ Soda crackers
- \_\_\_\_\_ Graham crackers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Milk Products<sup>†</sup>

- \_\_\_\_\_ Fat-free or low-fat (1%) milk
- \_\_\_\_\_ Fat-free or low-fat (1%) cottage cheese
- \_\_\_\_\_ Low-fat cheeses
- \_\_\_\_\_ Fat-free or low-fat yogurt
- \_\_\_\_\_ Fat-free sour cream
- \_\_\_\_\_ Fat-free cream cheese
- \_\_\_\_\_ Eggs
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Proteins

- \_\_\_\_\_ Chicken
- \_\_\_\_\_ Turkey
- \_\_\_\_\_ Fish (salmon, catfish, whiting, flounder)
- \_\_\_\_\_ Beef (round or sirloin)
- \_\_\_\_\_ Extra-lean ground beef
- \_\_\_\_\_ Pork tenderloin, leg, shoulder
- \_\_\_\_\_ No-salt, lower fat lunch meats (turkey, chicken, and lean roast beef)
- \_\_\_\_\_ Dry beans and peas, tofu
- \_\_\_\_\_ Unsalted roasted nuts
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



\*Use the nutrition label to choose foods lowest in saturated fat, sugar, and sodium.  
<sup>†</sup> Or lactose-free milk and milk products, or fortified nondairy nut milks, such as soy milk.



# Shopping List (continued)

## Baking Items

- \_\_\_\_\_ Flour, whole wheat and white
- \_\_\_\_\_ Sugar
- \_\_\_\_\_ Vegetable oil spray
- \_\_\_\_\_ Fat-free canned evaporated milk
- \_\_\_\_\_ Fat-free dry milk powder
- \_\_\_\_\_ Unsweetened cocoa powder
- \_\_\_\_\_ Baking powder
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Canned Fruits, Vegetables, Beans, and Soups

- \_\_\_\_\_ Canned fruit in juice (not syrup)
- \_\_\_\_\_ Unsweetened applesauce
- \_\_\_\_\_ Canned tomatoes (no salt added)
- \_\_\_\_\_ Low-sodium tomato sauce or paste
- \_\_\_\_\_ Other canned vegetables (no salt added)
- \_\_\_\_\_ Canned broth (fat-free, low-sodium)
- \_\_\_\_\_ Other canned soups
- \_\_\_\_\_ Canned beans or peas (no salt or seasoning added)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Fats and Oils

- \_\_\_\_\_ Soft tub margarine
- \_\_\_\_\_ Canola, olive, or vegetable oil
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Frozen

- \_\_\_\_\_ Fat-free or low-fat frozen yogurt and desserts (sherbet)
- \_\_\_\_\_ Frozen vegetables without sauces
- \_\_\_\_\_ Frozen 100% fruit juices
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Other

- \_\_\_\_\_ Herbs and spices (oregano, cumin, red pepper, garlic, parsley, paprika, sage)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Soul Food Makeover: Catfish Stew and Rice

<b>1 medium</b>	potato
<b>1 can (14½ ounces)</b>	tomatoes (reduced- or low-sodium), sliced
<b>1 cup</b>	chopped onion
<b>1 cup</b>	clam juice or water
<b>1 cup</b>	water
<b>2 cloves</b>	garlic, minced
<b>½ head</b>	cabbage (coarsely chopped)
<b>1 pound</b>	catfish fillets
<b>1½ tablespoons</b>	Hot 'N Spicy Seasoning (recipe below)
<b>1</b>	sliced green onion for garnish (optional)
<b>2 cups</b>	hot cooked rice (brown or white)

### Hot 'N Spicy Seasoning

<b>¼ cup</b>	paprika
<b>2 tablespoons</b>	dried oregano, crushed
<b>2 teaspoons</b>	chili powder
<b>1 teaspoon</b>	garlic powder
<b>1 teaspoon</b>	black pepper
<b>½ teaspoon</b>	red (cayenne) pepper
<b>½ teaspoon</b>	dry mustard

### Preparation Instructions

Mix together all seasoning ingredients. Store in airtight container. Makes about ⅓ cup of seasoning.

1. Peel potato, and cut into quarters.
2. In a large pot, combine potato, tomatoes and juice from the can, onion, clam juice, water, and garlic.
3. Bring to a boil. Reduce heat.
4. Cook, covered, over medium-low heat for 10 minutes.
5. Add cabbage. Return to boiling. Reduce heat; cook, covered, over medium-low heat for 5 minutes, stirring occasionally.
6. Meanwhile, cut fillets into 2-inch lengths. Coat fillets with Hot 'N Spicy Seasoning.
7. Add fish to vegetables. Reduce heat; simmer, covered, for 5 minutes or until fish flakes easily with fork.
8. Ladle stew over cooked rice in soup bowls and garnish with green onion.

#### Makes 4 servings

<b>Serving size:</b>	About 2 cups	<b>Sodium:</b>	355 mg
<b>Calories:</b>	363	<b>Dietary Fiber:</b>	4 g
<b>Total Fat:</b>	8 g	<b>Protein:</b>	28 g
<b>Saturated Fat:</b>	2 g	<b>Total Carbohydrates:</b>	44 g
<b>Cholesterol:</b>	87 mg	<b>Potassium:</b>	1,079 mg

