



GS4 HEAGRHEAWky Mn Mde Easy HEATm: What's HEA

HFL Cost Calculator.

- Place circulars at demo station.
- Provide computer, internet access, and projector, if available.

(10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of opsom T.5 (i)8 (m)p31uSen-USne ewufcen-USgF93/Lang (en-[)Tj1th7 08 (m)5 (n).2 (e ewu

Weekly Meal Plan Made Easy Resource List

Weekly Meal Plan Made Easy Demo Script (Continued)

While you're at the store:

- Compare prices. Store-brand products may be more affordable.
- Use coupons, but compare prices and nutrition facts. A coupon may not always be the best deal or the healthiest option.
- Buy in bulk. You may save money. Just be sure you have room in your pantry.

Weekly Meal Plan Made Easy Activity Script

Pass out a calendar for the next week (or a sheet of paper with columns or rows labeled Monday-Sunday), pens, and blank sheets of lined paper to write a grocery list. Or, use the [Sample Grocery List handout](#) included in the lesson.

Place a pile of circulars from local stores at the demo station, as well as any coupon books or flyers that are available.

Invite participants to grab a circular and instruct them to spend some time reviewing the circulars to get an idea of what is seasonal and what is on sale and to also find ideas for meals. They may have some family recipes in mind or you can provide some printed AHA recipes. Or, look at [Healthy for Good Recipes](#) for ideas.



Plan as many dinner meals as you have time for this week and make a grocery list with all of the necessary ingredients. Fill in the days of the week with the dishes you plan to prepare.

Remember you may be able to use leftovers on one or more days.

Once all participants have finished filling out their weekly meal plan and grocery list, invite them to share with the people around them.

Smart & Save

Shop

PLAN AHEAD



Plan meals each week

Sign up for a reward card (loyalty program) with your preferred store(s). Save the card as

Sign up for a reward card

Keep receipts, grocery lists, receipts and coupons in one place to make planning easier.

you check out to receive deals automatically.

shopping list

Use a shopping list to make sure you have everything you need. You can also use a list to track your progress.

Make a

coupon book. Write down all the coupons you get email coupons and can download online coupons. Use coupon apps.

Save receipts



Each week, compare what you spent to what you budgeted. Adjust your meal inventory your pantry and refrigerator each week.



Know what you have

AT THE GROCERY STORE



Compare prices

Store-brand products may be more affordable.



Use coupons, but compare prices and nutrition facts.

A coupon may not always be the best deal or the healthiest option.



Buy in bulk

You may save money. Just be sure you have room to store what you've bought in your pantry or freezer.



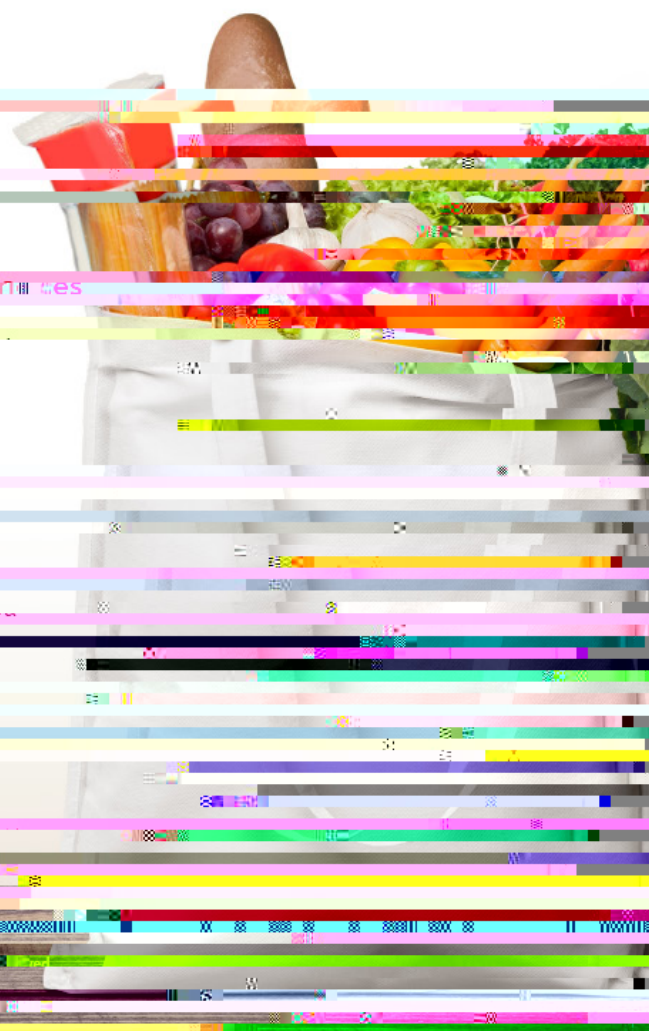
Save with seasonal produce

Buying produce that's in season can save you money. It can also be frozen for year-round use.



Don't check out at the checkout

Pay attention at the register to make sure you get all your discounts and savings.



For more smart shopping tips, visit heart.org/mealshoppingsmart

- What exactly do you want to accomplish?
- How will you track your progress towards your goal?
- Is reaching your goal possible with your full effort?
- Do you have the resources and ability to achieve your goal? If not, how can you get them?
- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
