

# 18

## Tips for Eating Wisely on a Limited Budget Facilitator Notes

### Main Learning Points and Review of Healthy Steps from Last Session: *Alcoholic and Non-alcoholic Drinks: What Do the Guidelines Say?*

1. Sugar-sweetened drinks may lead to health and weight problems.
2. Don't drink your calories!
3. It is recommended that people taking medicine for mental illness don't drink any alcohol.
4. A 2000-calorie-a-day eating plan should include no more than 10 teaspoons of sugar each day.

### Review Healthy Steps from last session.



#### Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

#### Remember:

It is important to acknowledge and discuss participants' successes, progress and challenges.

**Materials Needed:** *Tips and a bowl.*

#### Tips for this Session

1. Use the "Fortune Cookie" approach: Copy and cut each of the listed *Tips for eating wisely on a limited budget* into strips and place them into a bowl.
  - a. Stop and think before you purchase snacks and beverages.
  - b. Make a grocery list before you shop. Use a supermarket ad to see what's on sale that week.
  - c. Use coupons to purchase items on your shopping list.
  - d. Buy fresh fruits and vegetables in season.
  - e. Buy foods in bulk and store foods in the freezer or in airtight containers.
  - f. Choose a "shopping buddy" and split the costs.
  - g. Buy store brands or generic products
  - h. Never go grocery shopping when you are hungry.
  - i. Plan at least one vegetarian meal per week.
  - j. Have dinner with friends
  - k. If you do not make many shopping and menu planning decisions, you still have choices.
2. If possible, go to the grocery store together. It is a fun experience that allows participants to use new skills in a real world setting. Help participants read unit pricing tags and compare values between similar products and brands. If this is not possible, ask participants to bring grocery circulars and coupons to the group for review.

## Suggestion for Topic Introduction and Relevance to Participants

*“When I call your name today, please come up here and draw a slip of paper from the bowl.”*

(When everyone has drawn a slip of paper, ask them to stand in a circle so everyone faces the group or in some other configuration where they can participate in and enjoy the interaction.)

*“Today’s session is ‘Tips for Eating Wisely on a Limited Budget,’ and each person here has one tip. Let’s read them out loud. \_\_\_\_\_, could you please start?”*

(Going in a circle, have everyone read their tip. As each tip is read, ask who thinks that tip is a good tip that they might use.)

*“Did any of the tips stand out as one you really liked?”*

### Topic Assessment

1. A    2. D    3. C    4. B

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 17: Alcoholic and Non-alcoholic Drinks: What Do the Guidelines Say?



### Main Learning Points of Session 17

What were the main learning points of Session 17? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. S\_\_\_\_\_r-sweetened drinks may lead to health and weight problems.
2. Don't d\_\_\_\_\_k your calories!
3. It is recommended that people taking medicine for mental illness don't drink any a\_\_\_\_\_l.
4. A 2000-calorie-a-day eating plan should include no more than 10 t\_\_\_\_\_s of sugar each day.

### Take a Small Healthy Step Review:

What small healthy step did you choose to work on between sessions?

Did you complete your healthy step yet?

**1. Yes.** How did it go? \_\_\_\_\_

\_\_\_\_\_

**2. No.** What got in the way of completing your practice?

\_\_\_\_\_

\_\_\_\_\_

If you still plan to complete your practice, when will you do it?

\_\_\_\_\_

\_\_\_\_\_

**3. I didn't choose a small healthy step.**

## Topic Assessment



Mark one:  Pre  Post

Your Score:  
+ \_\_\_\_ out of 4

**Directions:**

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

- 1. Everyone can make healthy food choices regardless of his or her budget and living situation.**  
A. True      B. False
- 2. Which of the following tips can save you money and share good company?**  
A. Think carefully before you purchase snacks and beverages.  
B. Use coupons.  
C. Buy store brands or generic products.  
D. Prepare and eat dinner with friends.
- 3. When planning at least 1 vegetarian meal per week, what would be a healthy food for that meal?**  
A. Tuna  
B. Chicken  
C. Beans  
D. Beef
- 4. Making a grocery list, buying sale items, and using coupons don't really save money and are not worth the trouble.**  
A. True      B. False

# Topic Assessment



**5. I am confident that I know how to stretch my food dollars.**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Unsure

**6. This information is important for me to know.**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

**At the end of the session, answer these questions before turning in this paper:**

**7. This session helped me.**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

**8. What I liked about this session:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**9. How this session could have been better for me:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Tips for Eating Wisely on a Limited Budget

## Objective for this Session

1. Identify at least 2 tips for cutting food costs.
2. Use at least 1 tip to eating wisely on a limited budget.

**Anyone can benefit from using money wisely.** Many people with mental illness are on a limited or fixed income, and budgeting is important. The good news is that people can make healthy food choices regardless of their budgets.

An eating plan that depends less on meat, dairy products, packaged or processed foods and fast foods usually will cost less and still be very nutritious. For example, a can of navy beans along with some carrots and spices not only saves money, it is also healthy and delicious.



**How can tips for eating well on a limited budget be useful to you?**

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### Main Learning Point #1

**Everyone can make healthy food choices regardless of his or her budget.**

The list of tips on the next page suggests some ways people choose foods carefully within a budget. Please check off any that are helpful to you:

## Tips for Eating Wisely on a Limited Budget

(continued)



- 1. **Stop and think before you buy snacks and beverages.** Before you buy a bagel from a food cart, a candy bar from a vending machine or a cup of coffee from the corner store, ask yourself the following: “*Is this mouth hunger or stomach hunger?*” “*Is this a good food choice and do I really need this?*” Consider waiting 5 minutes until the urge passes, and it usually does. This may save you money and unwanted calories.
- 2. **Make a grocery list before you shop.** Use a supermarket ad to see what’s on sale that week. Grocery lists can help you organize and identify the items you need. Circulars, or advertisements that feature sale items, often are sent in the mail and found in newspapers, especially in the Sunday newspaper. Sale ads also are available at the entrance to the supermarket or at the customer service counter. By planning meals ahead and buying foods on sale, you can save money on your food bill.
- 3. **Use coupons to purchase items on your shopping list.** Using coupons with your supermarket ads will save even more money. Supermarkets, at times, will also double the amount of manufacturer coupons.



### Main Learning Point #2

**Make a grocery list and save money by buying sale items and using coupons.**

- 4. **Buy fresh fruits and vegetables in season.** In supermarkets and at farmer’s markets, look for fruit and vegetables that are in season. Many newspapers have a food section each week. The food section may tell you which fruits and vegetables are in season in your area.



## Tips for Eating Wisely on a Limited Budget

(continued)

- 5. **Purchase foods in large amounts and store foods in the freezer or airtight containers.** Storing foods in airtight containers or in the freezer can protect them from spoilage, moisture and bugs. If you have a freezer, you can take advantage of specials and buy more of the things you need when they are on sale. (Note: It is important to be careful about portion size when eating from larger packages. While it is less expensive to buy larger packages, it makes it easier to misjudge portion sizes, also. Measure portions before storing in the freezer or airtight containers.)
- 6. **Choose a “shopping buddy” and split the costs.** Buying in bulk and dividing the items can save money and be healthy. Sometimes you can get perishable foods (foods that will spoil, like fresh fruit or vegetables) in large quantities at a lower rate. If you split the costs, more people can enjoy the food before it spoils. Shopping can also be more fun if you go with others.
- 7. **Buy store brands or generic products, which usually are be more affordable than name brands.** The quality of the store brands is often the same as famous brands. Reading Nutrition Facts labels can help you compare.
- 8. **Never go grocery shopping when you are hungry.** Grocery shopping when you are hungry can lead to impulse buying, buying foods that are not on your list and a higher grocery bill.
- 9. **Plan at least one vegetarian meal per week.** For example, beans or pasta are generally less expensive than meats and can be healthy and delicious. (Consider using one of the vegetarian recipes at the end of session 15).
- 10. **Have dinner with friends.** Every day you are in contact with people who are watching their budgets, too. Sharing the cost of meals can save everyone money. Preparing meals with others is less work and more fun! Use your friends as a support group to help you keep your healthier eating habits and lifestyle.



## Tips for Eating Wisely on a Limited Budget (continued)



### Main Learning Point #3

**Prepare and eat meals with friends to save money and share good company.**

- 11. If you do not make many shopping and menu planning decisions, you still have choices. For example, tell the server to hold the gravy on your turkey or to put the salad dressing on the side.
- 12. Other \_\_\_\_\_

**Think about this:** If you practice one of these tips for a year, what could you do with all the money you save?

## Review & Moving Forward



The *main learning points* of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one healthy step from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about menu items.
- 3. PRACTICE.** This week I will use one of the tips I learned to choose foods wisely within my budget. The tip I will practice is: \_\_\_\_\_  
\_\_\_\_\_
- 4. OTHER** (Choose Your Own “Small Healthy Step”): \_\_\_\_\_  
\_\_\_\_\_

### Take an “Extra Small Healthy Step”

- 5. EXPERIMENT.** I will cook a low cost vegetarian recipe from the Recipe Section of session 15. I will prepare it myself or with someone else and see how easy, fun and delicious it is to eat healthy within a budget.
- 6. COMPARE.** This week, I will compare the costs of two different sizes of similar grocery items, for example two sizes of the same type of cereal. I will do this by looking at unit pricing at the grocery store. (For example, a 10-ounce box of cereal costs \$3.60 and the unit price per ounce of cereal is \$0.36, while a 20-ounce box of the same cereal is \$5. The unit price of the larger box of cereal is \$0.25. In this case, the larger box is a better buy.)