



Coaching Exercise: “Healthy Eating Without Busting Your Budget” Follow-Up

Begin your one-to-one meeting by checking in about how things are going. Revisit the goal you are working on. Have you made progress toward it? What can you do in the next two weeks to work on this goal? If you decide together to adjust the goal, make a note on the goal setting worksheet. You can also get a new copy of the goal-setting worksheet from the Program Lead if you need one.

This workshop was about how to eat nutritiously while sticking to a budget. As a follow-up to the workshop:

- Work together to create a grocery list for the upcoming week. Then choose at least 5 items and compare the cost of name brand items to store brand items
- Discuss ways this information might impact how you choose to spend your money.
- How do these spending tips fit with the goals you are working toward?
- You can also review the Smart Food Shopping packet that was handed out in the last workshop for additional tips on getting the best nutrition for your money.

BRAND COMPARISON SHOPPING

Often, name brand products and store brand products are made the exact same way by the same company, yet name brand products are always MUCH more expensive.

Start by making a grocery list for the upcoming week. Go to the grocery store of your choice (or look online) and utilize your comparison shopping skills to determine the best products and values among the items on your grocery list.

Grocery List:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Choose 5 items and compare the cost of name brand items to store brand items. Add up the prices and see the difference.

<u>Store Brand:</u>	<u>Brand Name Product:</u>
Item 1:	Item 1:
Item 2:	Item 2:
Item 3:	Item 3:
Item 4:	Item 4:
Item 5:	Item 5:

Total: _____

Total: _____