



HEALTHY EATING (WITHOUT BUSTING YOUR BUDGET) WORKSHOP OVERVIEW

Workshop Description

Grocery shopping tends to be a large part of a person's budget. The group will learn how to stretch their dollar at the grocery store, while still buying food that is nutritious and part of a well-balanced diet.

Key Workshop Goals

- Understand how to eat well on a limited budget
- Make the best use of your food dollar
- Put nutrition basics to work when planning and shopping for meals

Core Skills Covered

- Making effective price comparisons
- Finding low-cost healthy food choices
- Using coupons effectively
- Planning healthy, low-cost meals

Handouts To Be Given Out and Discussed

- Choose My Plate
- Eating on a Budget
- Smart Food Shopping
- Recipe Exercise*

*For use in virtual program Recipe Exercise:

<https://www.shopmarketbasket.com/weekly-flyer>

Follow-up Exercises: Brand Comparison Shopping