

Health Promotion Project: Grocery Store Tour Outline -

1. Creating a Grocery List
 - a. Create a budget
 - b. Envisioning MyPlate when building healthy meals
 - c. Finding a recipe (recipe folder, store magazine, cooking matters, eatright, pinterest, etc.)
 - d. Building a weekly meal plan
 - e. Organizing your list (in order of your local store) Can also use phone notes
 - f. Creating a list of items needed
2. Grocery Shopping Tips
 - a. Pack your list and a pen
 - b. Start in produce and make your way around the store from there
 - i. Tip 1- Determining ripeness, what's in season? (Berries, peaches, plums, tomatoes, zucchini, melon, peppers)
 - ii. Tip 2- High fiber produce (apples, bananas, berries, carrots, peas, broccoli)
 - c. Next, go to meat/poultry/seafood
 - i. Tip 1- choosing low-fat options (90/10% for red meat/ground beef or choose leaner meats)
 - ii. Tip 2- lean choices and vegetarian alternatives (chicken, fish and vegetarian options high in protein include soy products and beans, eggs, etc.)
 - d. Next, go to dairy/cheeses
 - i. Tip 1- high protein dairy (greek yogurt, cottage cheese)
 - ii. Tip 2- low-fat dairy (skim milk, greek yogurt, low-fat sour cream and cream cheese)
 - e. Frozen Aisle
 - i. Nutritional content = same as fresh (sometimes more affordable produce options in the frozen aisle)
 - f. Lastly, find your pantry items in the middle of the store
3. Reading a Food Label
 - a. If you've been diagnosed with a chronic disease, it's likely that your doctor or dietitian has given you some guidance on what foods you should limit. (sodium, sugar, saturated fat, etc.)
 - b. Learning how to read a food label can help you make healthier choices while grocery shopping
 - c. Look for "low-sodium" and "sodium-free" on the label for food items that are lower in salt
 - d. Food label basics: serving size, total calories, % DV, other macronutrients
 - e. Low is 5% or less. Aim low in saturated fat, trans fat, cholesterol and sodium
 - f. High is 20% or more. Aim high in vitamins, minerals and fiber. (Eat more fiber, potassium, vitamin D, calcium and iron to maintain good health and help reduce

your risk of certain health problems such as osteoporosis, heart disease and anemia. Choose more fruits and vegetables to get more of these nutrients.)

- g. You know about calories, but it also is important to know about the additional nutrients on the Nutrition Facts label.
 - i. Protein: Eat moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans and peas, peanut butter, seeds and soy products.
 - ii. Carbohydrates: There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.
 - iii. Sugars: Simple carbohydrates, or sugars, occur naturally in foods such as fruit (fructose) and milk (lactose) or come from refined sources such as table sugar (sucrose) or corn syrup. Added sugars are included on the updated Nutrition Facts label. The 2020-2025 Dietary Guidelines for Americans recommends consuming no more than 10% of daily calories from added sugars.
 - h. Ingredient Lists
 - i. The very bottom of the food label gives you a list of all of the ingredients that are in that food item. The list is sorted by weight of each ingredient, which means that the first ingredient is the most abundant ingredient in that food item.
 - 1. Ex. Cookies- sugar is first ingredient
 - 2. Ex. Whole wheat bread- whole wheat flour is first ingredient
4. Understanding Price per Unit (PPU)
- a. In order to stick to your budget, it may be best to look at PPU
 - i. Unit pricing tells you how much you're paying per basic unit of whatever it is you're buying. So for paper towels, it's the price per square foot. For toilet paper, it might be the price per sheet. For canned goods, it might be the price per ounce.
 - ii. Let's say your grocery store has a sale on small individual packages of paper towels one week. They may have a unit price of 1.5 cents per square foot at the sale price. But a larger package that's not on sale may have a unit price of 1.0 cents per square foot.
 - iii. In this example, the bigger package that's not on sale actually offers more value for your dollar than the smaller package. Because you're paying less per square foot (1.0 cents) for the bigger package that's not on sale vs. the smaller sale-priced package (1.5 cents).
5. Checkout Tips
- a. If you have a store rewards card, use it to get discounts on sale items
 - b. Use your monthly coupons to get foods like fresh or frozen produce, meat/seafood, eggs, and cheese

- c. If you need further assistance or have difficulty ambulating, ask your local supermarket about order/pickup options.