

Pop-up Tour Week 5

TOPICS

Encourage participants to make smart choices when food shopping.

- Practice comparing unit prices
- Practice reading food labels
- Compare items within each MyPlate food group
- Discuss ways to include kids in shopping
- Practice money saving strategies
- Review meal planning strategies
- Let participants interact with the labels as they would with products in the store

ESTIMATED TIME

90 minutes

MATERIALS

- Coordinator Binder
- Props: Pineapple & Black Bean Cans
- Whole Grain Kit (optional)
- Make-A-Meal Cards
- Supermarket Circulars
- \$10 Gift cards

Suggested Recipes

- Peanut Butter Pockets
- Fruit Kebabs
- Tortilla Chips and Salsa
- Pita Chips and Hummus
- Smoothies
- Trail Mix

A trip to the grocery store is a culminating experience that allows participants to practice the skills they've been learning in class in a real-life setting. It's important to make every attempt to visit the store. If a visit is not possible, it's possible to use the pop-up tour kit to practice their skills at the course site.

IN ADVANCE

1. Read through Lesson Five: Shopping Smart in the Instructor Guide. Review the Activity Talking Points for the Grocery Store Tour activity.
2. Get food labels and materials from Pop-Up kit ready and organized to use.
3. Designate the time that the pop-up will conclude and the \$10 Challenge will begin.
4. Consider asking participants on week 4 to bring any of their own food packages to share and discuss.

IN CLASS

1. Welcome back the students and explain that this class will be a little different from the previous weeks. We will start off with a quick cooking session, and then sit down to discuss strategies for shopping for healthy items and saving money at the store.
2. Start class by preparing 2 or three quick snacks that can be eaten during the pop-up.
3. Use the following table as a reference for suggested labels to use as you move through the talking points.
4. After completing the \$10 Challenge activity, give participants \$10 gift cards and ask that they share what they bought with their \$10 gift card next week.