



Welcome To Food Families!





Price Matching/Meal Planning Module 4



So...?

- Who used coupons this past week?
- How much were you able to save?
- Did anyone spend time organizing coupons?
- Did anyone collect or find new coupons? From where?
- Did you experience any frustrations with the couponing process?
- Does anyone have coupons to share with the rest of the group?



Agenda

- Icebreaker
- Meal Planning – Lots of ideas and tips
- Build Your Own Meal Plan
- Grocery Lists
- Becoming A Price Matching Expert
- Harvest Bucks



The Price Is Right!

Time to test your knowledge of grocery store prices!



Meal Planning

- Does anyone already meal plan?
- Have you tried it in the past? What happened? Did it work? What made it successful or not?
- What are some of the benefits of meal planning?



Why Make A Meal Plan?

- Relieves the daily stress
- Can be intentionally nutritious
- Shop less
- Save money
- Avoid unnecessary waste
- Eat a wider variety of foods



Core Meal Planning Considerations

1. Plan for one week at a time
1. Know how many meals you will need
1. Think about time commitments
1. What food do you want to eat?
1. How much money is available this week?



All Kinds Of Meal Planning Tips!

1. Breakfasts are the perfect meals to repeat
1. Turn your dinner into leftovers for lunch
1. Cook more vegetarian meals
1. Let each recipe inform the next
1. Store and cook ingredients based on when they expire



All Kinds Of Meal Planning Tips!

6. Concentrate on your family's core recipes
7. What food is on sale?
8. Spice it up!
9. Be careful of the expense of meat
10. Canada's Food Guide
11. Prepare and cook food in bulk



Build Your Own Meal Plan

 The Nourishing Home's Healthy Weekly Meal Plan (For more meal planning ideas and recipes, visit http://TheNourishingHome.com)							
Meals	MON	TUES	WED	THURS	FRI	SAT	SUN
Dinner	<ul style="list-style-type: none"> • Caprese Pasta • Mesclun Salad w/Homemade Balsamic Vinaigrette 	<ul style="list-style-type: none"> • Grilled Chicken w/Pineapple Salsa • Black Beans • Brown Rice 	<ul style="list-style-type: none"> • Turkey-Veggie Burgers • Caribbean Carrot Salad • Healthy Fries 	<ul style="list-style-type: none"> • Strawberry-Feta Salad with Grilled Chicken • Almond Flour Biscuits w/Butter 	<ul style="list-style-type: none"> • Italian Sausage, Kale & White Bean Soup • Sourdough Rolls w/Butter 	<ul style="list-style-type: none"> • Grilled Fish Provençal w/Wild Rice & Asparagus • Dessert: Strawberry Shortcakes 	<ul style="list-style-type: none"> • Grilled Veggie Quesadillas • Black Beans & Brown Rice • Guac, Salsa & Sour Cream
Lunch	<ul style="list-style-type: none"> • Carrot-Cheddar Sandwich • Pineapple Slices 	<ul style="list-style-type: none"> • Leftover Caprese Pasta • Raw Veggies w/Ranch Dip 	<ul style="list-style-type: none"> • Grilled Chicken Salad Wrap • Strawberries 	<ul style="list-style-type: none"> • Avocado Egg Salad Sandwich • Cultured Pickles 	<ul style="list-style-type: none"> • Tuna Salad w/Whole Grain Crackers • Fresh Cherries 	<ul style="list-style-type: none"> • Leftover Italian Sausage Soup • Sourdough rolls w/Butter 	<ul style="list-style-type: none"> • Grilled Turkey Reuben • Cultured Sauerkraut • Apple Slices
Breakfast	<ul style="list-style-type: none"> • Cinnamon Streusel Muffins • Poached Eggs • Fruit Smoothie 	<ul style="list-style-type: none"> • Toad-n-the-Hole • Fresh Berries w/Vanilla Yogurt 	<ul style="list-style-type: none"> • Fruit & Yogurt Parfaits • Boiled Eggs 	<ul style="list-style-type: none"> • Homemade Granola w/Fresh Diced Cherries & Almond Milk 	<ul style="list-style-type: none"> • Soaked Oatmeal w/Ripe Pear & Raw Honey • Boiled Eggs 	<ul style="list-style-type: none"> • French Toast Casserole • Nitrate-Free Bacon • Fresh Berries 	<ul style="list-style-type: none"> • Fluffy Almond Flour Pancakes • Scrambled Eggs • Mixed Berries
Do Ahead	MON	TUES	WED	THURS	FRI	SAT	SUN
Tasks to do to "prep" for next day	<ul style="list-style-type: none"> • Save extra caprese pasta for tomorrow's lunch • Soak beans and rice for tomorrow's dinner 	<ul style="list-style-type: none"> • Grill extra chicken to make chicken salad & for Thurs' dinner • Save extra black beans and rice for Sun's dinner 	<ul style="list-style-type: none"> • Boil extra eggs to make egg salad for tomorrow's lunch 	<ul style="list-style-type: none"> • Soak oats for tomorrow's breakfast 	<ul style="list-style-type: none"> • Save extra soup for tomorrow's lunch • Prepare French toast casserole and refrigerate overnight 	<ul style="list-style-type: none"> • Make meal plan for next week • Go to market 	<ul style="list-style-type: none"> • PREP DAY (prep ahead as needed for next week's meal plan)

Healthy Weekly Meal Plan © 2012 The Nourishing Home • For Personal Use Only • Images courtesy of <http://www.lucygardens.com> and <http://www.ciker.com>.



Grocery Shopping Tips

1. Make a grocery list
2. Don't shop when hungry
3. Keep to the list
4. Shop the outside aisles
5. Use coupons, watch for sales, and price match



Grocery List Template





Be A Price Matching Expert

- What is price matching? How would you define it?



Be A Price Matching Expert

- Price matching is asking the store to sell an item for the same price as another store.
- Shop at one store and get all the lowest prices!



Price Matching Store Policies

- You need to be the expert. Make sure you have an idea of the policy of the various stores as they aren't all the same.



How Much Money Can You Save?

- Work in groups of 3
- Find the lowest prices



Great Price Matching Phone Apps





Preparing For Our “Money Sense” Module

- In a few weeks, we will be talking money
- You will be given a sheet to help you begin to track where you spend your money
- It’s a personal exercise



HARVEST BUCKS

Redeemable only for fresh vegetables and
fruit at participating market vendors

Expires January 31, 2017

\$2





What was the most helpful part of the session today?

Are you ready to start price matching?



Complete your meal plan.

Use a grocery list at the store.

**Use price matching
(and couponing)!**

Start tracking your spending.