

UNIVERSITY of CALIFORNIA  
cal fresh Nutrition Education

## Plan, Shop, Save & Cook

Newly revised curriculum  
for UC CalFresh Nutrition Educators

### Making healthy food choices within a limited budget



Funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Services (USDA/FNS), the California Department of Social Services (CDSS) CalFresh Branch, and the University of California Cooperative Extension (UCCE).

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## Plan, Shop, Save & Cook

Newly Revised Curriculum

- Series-based
- Adapted from ESBA curriculum (4 lessons instead of 6)
- Revised from 2012 version of PSS&C
- Updated to include My Plate and My Healthy Plate
- Targets adult participants



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## Plan, Shop, Save & Cook

Topic Overview

- **MEAL PLANNING & USING A SHOPPING LIST**
  - Learn to plan healthy meals for your family and develop a grocery list to save time and money.
- **UNDERSTANDING & USING FOOD LABELS**
  - Learn to use food labels to choose nutritious foods that fit within your budget.
- **SAVING MONEY**
  - Learn to lower your food bill and stretch your food dollars by:
    - Using unit pricing,
    - Selecting bulk and generic products, and
    - Preventing food waste and spoilage.
- **COOKING A MEAL**

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## Plan, Shop, Save & Cook

**Lesson Review**

- Objectives
- Topics and activities
- Visuals
- FBC questions addressed in the lesson




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## Plan, Shop, Save & Cook

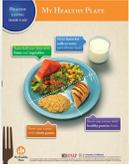
**Lesson 1 – Planning Meals**

**Objectives**

- Plan one meal using items on hand and items
- Write a shopping list for one meal

**Lesson topics and activities**

- Introduce My Plate and My Healthy Plate
- Review steps for planning a meal
- Write a grocery list using sale ads





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## Plan, Shop, Save & Cook

**Lesson 1 – Planning Meals**

**Visuals**

- My Plate and My Healthy Plate Posters
- “Plan” Poster from ESBA

**FBC questions addressed in lesson**  
*(Pre-Food Behavior Checklist form)*

- How often do you plan meals ahead of time?
- How often do you shop with a grocery list?
- Do your meals consist of a variety of foods?
- How often do you run out of before the end of the month?





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## Plan, Shop, Save & Cook

### Lesson 2 – Using Food Labels

**Objectives**

- Use the Nutrition Facts panel and ingredient list to make healthier food choices
- Identify if usual portion of cereal eaten is different than the food label serving size
- Choose a cereal with six grams or less of sugar per serving

**Lesson Topics and Activities**

- Introduce food label and ingredients list on the nutrition facts panel
- Review how to use the food label when shopping to select healthy foods for your family
- Practice using food label to determine if food eaten is equal to recommended serving size
- Practice using food label to determine the amount of sugar in a food item




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## Plan, Shop, Save & Cook

### Lesson 2 – Using Food Labels

**Visuals**

- ESBA “Shop” poster with cereal food label
- Cereal for measuring and tasting
- Cereal boxes with nutrition facts panel and ingredient list
- Sugar for measuring

**FBC questions addressed in lesson**

- When deciding what to feed your family, how often do you think about healthy food choices?
- How often do you use the “Nutrition Facts” on the food label to make food choices?




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## Plan, Shop, Save & Cook

### Lesson 3 – Saving Money

**Objective**

- Select the lowest cost option when buying healthy foods

**Lesson topics and activities**

- Review and discuss smart shopping and cost savings practices
- Learn to compare the unit price of two products to select the best buy
- Conduct a shopping cart cost comparison with national and store brand items

**Visuals**

- “Save” Poster from ESBA
- National and store brand cereal with total cost and cost per ounce

**FBC questions addressed in lesson**

- How often do you compare prices before you buy foods?
- How often do you run out of food before the end of the month?




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## Plan, Shop, Save & Cook Lesson 4 – Cooking a Meal

### Objectives

- Plan and prepare a low cost meal
- Apply My Plate guidelines to combination foods

### Lesson topics and activities

- Discuss “go to” meals and their benefits when short on time, money or food
- Compare food groups in “go to” meal to My Healthy Plate food groups
- Practice adding missing food groups to “go to” meal or adding more fruits and vegetables
- Write a shopping list for the “Go to” Meal
- Discuss ways to keep foods safe while preparing, cooking and storing foods
- Prepare, cook and taste chicken and broccoli casserole




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## Plan, Shop, Save & Cook Lesson 4 – Cooking a Meal

### Visuals

- My Healthy Plate Poster
- My Healthy Plate Placemats

### FBC questions addressed in lesson (Post-Food Behavior Checklist and Adult Taste Test Tool)

- How often do you run out of before the end of the month?
- Do your meals consist of a variety of foods?




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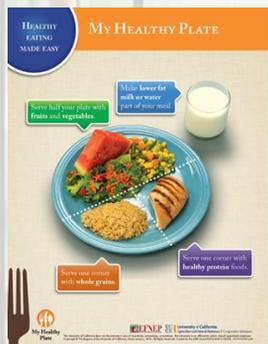
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## Plan, Shop, Save & Cook New Visuals - My Healthy Plate

- Educator posters
  - 20" X 30"
- Participant handouts
  - 8.5" X 11"




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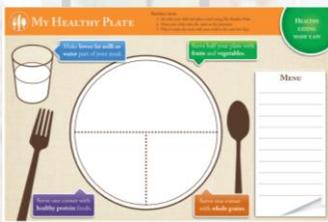
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### Plan, Shop, Save & Cook

#### New Visuals - My Healthy Plate

- Educator posters
  - 20" X 30"
- Participant handouts
  - 8.5" X 11"
  - 11" X 17"



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### Plan, Shop, Save & Cook

#### Where to obtain materials....

- Copies of lessons and materials available on [UC CalFresh Website](#)
- A print version of curriculum and participant handouts will be mailed to county offices
- New educator posters can be picked up at the Skills Based Training Institute

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**Evaluation : Update for 2014**



Lucia Kaiser, CE Specialist  
 Department of Nutrition, UC Davis

Funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Services (USDA/FNS), the California Department of Social Services (CDSS) CalFresh Branch, and the University of California Cooperative Extension (UCCE).

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**Thank you for your efforts!**

- 🍌 593 Pre-post tests for PSSC (as of June 14th)
- 🍌 About 20% have received PSSC series including USDA Choose MyPlate materials

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**Today's plan**

- 🍌 Review evaluation of Plan, Shop, Save, Cook
- 🍌 Answer your questions (hopefully)!

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## Plan, Shop, Save, Cook



- 🌱 Pre-post test still has 7 questions
- 🌱 For staff only, 3 questions ask about MyPlate
- 🌱 We are not adding any new questions at this time
- 🌱 Survey site is still the same
- 🌱 We want you enter data for all 7 (pre-post) items and the 3 staff questions

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## MyPlate Study

- 🌱 Purpose: to find out if participants who use MyPlate more often consume more fruit and vegetables
- 🌱 Involves using both the 7-item PSSC, plus a short 7-item food frequency questionnaire.
- 🌱 Need more counties to participate (*only SJ at this time*)

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## Plan, Shop, Save, Cook: For Participants

- 🌱 For this year, continue to administer the pre-test, just the same as you have been doing
- 🌱 When you teach, identify CA My Healthy Plate as a version of USDA's MyPlate
- 🌱 When you give the post-test, remind people that using CA My Healthy Plate is the same thing as using MyPlate

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### Plan, Shop, Save, Cook: For Participants

- 🌱 (Pre-post) How often do you use MyPlate to make food choices?
  - Almost always
  - Most of the time
  - Sometimes
  - Seldom
  - Never

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### Plan, Shop, Save, Cook: For staff only

- 🌱 Is this participant enrolled in the MyPlate study?  
Yes, No
- 🌱 If the participant is enrolled in the Myplate study, please enter the ID number here. **(If not in the MyPlate study, enter NA)**
- 🌱 Which VERSION of the MyPlate was used in this lesson?
  - USDA Choose MyPlate
  - California My Healthy Plate
  - Other
  - Not applicable—did not teach MyPlate

Select this response when using the new PSSC materials !!!!!



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### Important!

- 🌱 If you have pre-post data (based on old PSSC), enter data as usual but be sure to answer all staff questions, ESPECIALLY THE VERSION item
- 🌱 After switching over to the new version of PSSC, remind people on the post-test that “MyPlate” and “My Healthy Plate” mean the same thing
- 🌱 Still need more volunteer educators for a special MyPlate study

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### Questions?????



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### State Office Updates

- FFY 15 State plan
  - Status
  - Budgets
  - Timeline
  - Next Steps
- July 15 Town Hall
  - “Glow, Go, Grow” review of curriculum update
- Other
- Questions?

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### July 15, 2014 Town Hall

Go Glow Grow  
Newly Revised Curriculum  
Sharon Junge, UCCE Emeritus

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