

Session 8. Staying in Control

PLANNING Is the KEY for Food Shopping



Planning saves time



Planning saves money



Planning promotes healthy eating and less impulse buying and eating out

Before you go shopping:

Assess what you have on hand. Do you have foods that need to be eaten and have been in your refrigerator/freezer for a while? Do you have canned goods in storage?

Look at store flyers and ads. Where do you plan to go shopping? Are these foods good deals, not impulse buys? Will you use these foods in your meal planning? Will you be able to use these foods before they go bad? Do you have a store loyalty card to take advantage of the sales?

Look at coupons. Are these foods that you will use in your meal planning and preparation? Are these coupons for healthy foods? Are store-brand items a less expensive choice?



Consider what produce is in season. What produce is in season and therefore may be less expensive? If you receive food benefits or vouchers, where can you use them?

Decide on a day and time that is convenient. Are there special discount days? Have you considered transportation to the store? What time of day is the store least busy?

Create a menu:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

Produce Storage Guide



Refrigerate all cut, peeled, and/or cooked fruits and vegetables within 2 hours.

Store in the refrigerator

FRUITS

- Apples
If keeping more than 7 days
- Berries (blackberries, blueberries, raspberries, strawberries)
- Cherries
- Citrus (grapefruit, oranges, lemons, limes)
If keeping more than 7 days
- Cut fruits
Stored in air-tight containers
- Grapes

VEGETABLES

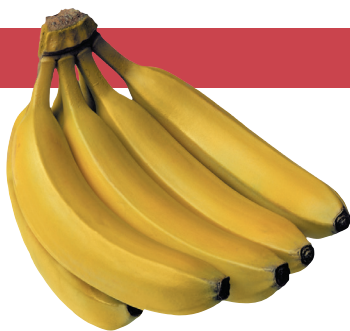
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cut vegetables
Stored in air-tight containers
- Green beans
- Green onions
- Leafy vegetables
- Mushrooms
- Peas
- Summer squashes
- Sweet corn



Ripen on the counter first, then store in the refrigerator

FRUITS

- Avocados
- Kiwi
- Peaches
- Pears
- Plums



Store only at room temperature

FRUITS

- Apples
If using within 7 days
- Bananas
- Citrus (grapefruit, oranges, lemons, limes)
If using within 7 days
- Mangoes
- Melons (cantaloupe, honeydew, watermelons)
- Pineapple

VEGETABLES

- Cucumbers
- Eggplant
- Onions
- Peppers
- Potatoes
- Sweet potatoes
- Tomatoes
- Winter squashes

Create an organized list from your menu.

Remember to think about what you need, what you have on hand, what's on sale, and what coupons you have.

Budget \$ _____

Shopping Day _____

Transportation _____

HAVE YOU...

☐ Checked your pantry?

☐ Checked for coupons?

☐ Checked your refrigerator/
freezer?

☐ Checked for store flyers?

Fruits

Vegetables

Protein

Grains

Dairy

Other

PLAN

SHOP

FIX

ENJOY

Chili with Red Beans

Makes 8 servings
Serving Size: 1 cup

NUTRITION FACTS

Calories 150
Total Fat 1.5g
Protein 12g
Carbohydrate 22g
Fiber 5g
Sodium 400mg

This is a quick meal that can be made ahead of time.

Ingredients

- 1 medium onion, diced
- 1/2 pound of lean ground beef or turkey
- 1 can of light red kidney beans, rinsed and drained
- 1 can of dark red kidney beans, undrained
- 1 can of corn, rinsed and drained
- 28 ounces of diced tomatoes
- 2 tablespoons of taco seasoning

Directions

1. Cook meat over medium heat until browned in a large pot.
2. Remove meat and drain fat.
3. Wipe pan and cook onion until soft.
4. Add back the cooked meat, beans, corn, tomatoes, and seasoning.
5. Bring to a boil then reduce to a simmer for 10–15 minutes. Stir several times.

Taco Seasoning

Ingredients

- 1/3 cup chili powder
- 3 tablespoons paprika
- 3 tablespoons ground cumin
- 1 tablespoon oregano
- 1 tablespoon ground black pepper
- 1 teaspoon cayenne

Directions

Combine all ingredients and store in a plastic container.

Adapted from *Cooking with EFNEP*

- To further reduce sodium, choose no-sodium or low-sodium canned or frozen vegetables.
- Add extra vegetables such as green peppers or zucchini.
- Serve with whole grain bread, salad, or a baked potato.
- Freeze remaining 1/2 pound of meat in storage bag. Thaw in fridge 1–2 days before you plan to cook.

REFLECT AND CELEBRATE

How did you do with your Week 7 Step?

Take Control SMART GOAL (the goal you set Week 1)

Choose one or develop one of your own: By the end of the program...

I will increase my fruit and vegetable intake to _____ times for _____ days a week.

I will be active for _____ minutes for _____ days a week.

I will increase the cups of water I drink to _____ cups/day.

I will: _____

What is my motivation? Why will I do this?



PLAN AND TAKE ACTION

My SMART Step for Week 8 to work towards my goal:

What are some obstacles to achieving my Week 8 step?

What are some solutions to overcoming the obstacles?

Who can support me?

What did I learn today?

TRACK

Check off days that I achieved my Week 8 step:

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday