

Good Grinding for Wise Dining
Strategies for Eating
Lesson 3: Food Storage
“No need, no buy”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Food Storage” handout. Begin lesson when everyone receives a handout.

Read the following: Today we’re going to talk about storing foods safely. No need, no buy.

Action: Everyone repeat the following with me, “no need, no buy.”
Have participants repeat the following:

Read the following: To save money, we often buy food on sale. But sometimes, we may buy more than we need, just because things are cheap. So, over time we build up a large amount of food in storage and we may **not** know how old these food items are. Do we then use it and risk becoming sick from eating the food? All food including canned or frozen, does not last forever. These foods may have a “sell by” or “best if used by” date, but all foods are not labeled well, or it may be hard to read or understand.

Follow these tips to keep our stored food safe:
First, we should plan ahead. Buy food if it will be eaten within the month. Do not worry, many food items go on sale frequently. We should only buy food that we know we will

eat within the month. Or, we can buy foods that are eaten frequently or regularly. These foods may include canned or frozen fruit or veggies, or soups.

Action:
Have participants repeat the following:

Everyone repeat the following with me, “no need, no buy.”

Read the following:

We can also share food with a friend or neighbor if a bulk purchase is made such as rice, eggs, chicken. Sometimes stores offer a lower price for a “*family pack*” or offer a “*buy one get one free*” special. If a “buy one get one free” special is offered, we can purchase the item at full price but get two items for the price of one. We can then share it with another person and split the cost. We can save money and do not have more food than we need.

Action:
Ask the following question:

How many of us check and clean the refrigerator, freezer, and pantry once a week, before grocery shopping?

Read the following:

We should do this at least once a week so we do not buy unnecessary things that we do not need. Choose one day of the week such as Monday or Tuesday to do this.

Another thing we can do is to buy smaller portions of commonly eaten foods such as rice or oatmeal. Buying things in bulk may seem cheaper, but may be more expensive in the long run if we do not share our food or have to throw food away. Buying smaller portions also apply to eating out. Buy a “mini” instead of the regular sized plate lunch. It may be tempting to buy a combo meal, value meal, or other type of meal deal which allows us to get more ready-made food at a discounted price. However, we may not be able to eat all of this food in one sitting. Keeping it for a later time may be risky and we may end up throwing away these leftovers anyway.

Action:
Ask the following questions:

What will we do to keep our stored food safe? A prize will be given to those that have a new idea!

*Gently encourage people to participate. Give out prizes to participants that share their ideas. Thank participants for sharing. Examples to share if no one participates: share food with a friend or neighbor or buy smaller portions.

Action:
Have participants repeat the following:

Everyone repeat the following with me, “no need, no buy.”

Read the following:

When running errands, such as buying food or grocery shopping, we often feel our hands are clean so washing them is not necessary. But, even if we can't see dirt on our hands, it still may have germs and *bacteria* which may make us sick. It is more common for us to wash our hands after we use the toilet, but we must also remember to wash them after using or doing other things such as talking on the phone, using the remote control, or cleaning our house. Before we touch food, prepare, or eat it, we should always wash our hands with soap and water.

Read the following:

Now we will talk about the importance of drinking water. Water is important to keep us healthy. If we don't have enough water in our bodies we may have headaches, dry eyes, feel tired, have a hard time swallowing, feel as if we are not hungry, or have cramps in our muscles. These are all signs that we are dehydrated. So drinking water can prevent us from becoming dehydrated and keep us healthy.

Read the following:

Now I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to buy only what I need so I don't waste food.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: How many of you agree with this next statement: I plan to always wash my hands with soap and water before touching food.

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: The last statement is: Water is important to keep me healthy. How many people agree with this last statement?

Action: Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following: That's the end of our talk. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.