

**Topic: Money Management**

(Original plan developed by June 2010 Community Orientation Skills Development Workshop participants in Jacksonville, FL, and further developed by the Cultural Orientation Resource Center)

**Activity: Grocery Shopping Wisely**

---

<b>Objective</b>	Participants will increase familiarity with shopping wisely and with benefits available such as food stamps.  Participants will learn to shop and eat nutritionally, as well as to use correct measures.
<b>Lesson Time</b>	3 hours
<b>Materials</b>	<ul style="list-style-type: none"><li>• Shopper's coupons</li><li>• Handouts (sample menu, sample grocery list, weight conversions: <a href="http://www.metricconversioncharts.org/">http://www.metricconversioncharts.org/</a>, food pyramid, sales inserts from newspaper, sample money, sample checks)</li><li>• A scale</li><li>• Pictures</li><li>• Sample products (oranges, grapes, cheese-and-crackers, etc., to use as healthy snacks as well)</li><li>• Optional: PowerPoint presentation (you may choose to use this to show examples)</li></ul>
<b>Opening Activity</b>	In pairs, ask participants to share how they acquired food in their home country or country of asylum and to describe what a sample day's menu might look like. Bring the large group together and ask pairs to share highlights with the group.

## Practice

1. Shopping overview
  - a. Ask participants to talk about what they expected food to be like in the U.S.
  - b. Talk through a sample menu in the U.S.
  - c. Discuss making grocery lists nutritionally and the importance of having a list.
  - d. Discuss shopping procedures, using coupons, checking out, and taxes.
2. Nutritional values and measurements
  - a. Highlight U.S. measurements (pounds, ounces, inches, etc.) and introduce the conversion chart to participants.
  - b. Use conversion charts (<http://www.metricconversioncharts.org/>) to discuss measurements and Weight Watchers tips ([www.weightwatchers.com](http://www.weightwatchers.com)) to discuss portion sizes.
  - c. Discuss the food pyramid and the importance of “eating up” the pyramid – the necessity to eat more foods found at the bottom of the pyramid and fewer foods from the top.
  - d. Discuss nutritional value of foods.
3. Participants take a 15-20 minute break. Invite participants to eat the healthy snacks.
4. Price shopping
  - a. Play a game similar to *The Price Is Right* or *Shopping for Food* (developed by IOM Southeast Asia’s Cultural Orientation team and hosted on the COR Center Web site, at <http://www.cal.org/co/overseas/toolkit/money/shoppingforfood.html>).
  - b. Highlight food stamps, coupons, and other benefits in your area.
  - c. Discuss buying generic goods versus name brand goods.

## Discussion Questions

- What is the importance of planning a menu and making a grocery list?
- How would you substitute foods to save money?
- How would you substitute foods to maintain a good nutritional diet?
- What can you eat in place of other more familiar items?
- What practices will you try to help save money and eat healthfully?

## Evaluation Materials

- Implement a pre- and post-test to check for understanding.
- Ask discussion questions to check for retention.

## Cultural Notes

Many participants may not be accustomed to or familiar with the foods found in the U.S.

Many participants may not be accustomed to having food available so frequently and/or in such a variety.

Some individuals may be accustomed to rations and may feel overwhelmed.

## Variations

- Take participants on a shopping field trip after shopping lists have been created.