



Seniors Taking Charge of Your Health!

Lesson 2: Healthy Cooking on a Budget

Getting Ready

1. Review the lesson plan and read the educator resources before each session.
2. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
3. Gather supplies needed for lesson, recipe, and activities.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on the handouts.
3. Supplies for "Bingo for Better Health." Supplies for bingo are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, night lights, and lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Session

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by going over the objectives. Let the group know that the session will be informal and that questions can be asked at any time.

Objectives for Participants

1. Learn how to identify inexpensive healthy foods
2. Learn how to shop for affordable foods.
3. Learn how to store foods to help save money.

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Educator Resources

Before presenting the lesson, read these resources that were used to prepare this lesson:

- Eating Healthy – and Affordably. American Dietetics Association, http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_10812_ENU_HTML.html.
- Shopping Solutions for Healthy Eating. American Dietetic Association, http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_1051_ENU_HTML.html.
- Harvest Season of Georgia Fruits and Vegetables. Georgia Department of Agriculture, http://agr.georgia.gov/vgn/images/portal/cit_1210/48/0/41531086Marketing%202005_Georgia_Fruit_and_Vegetable_Directory.pdf.

Script

*Give participants their handouts.
Remember to take attendance.*

Introduction

I am so glad that you are here today! During the next few weeks, we'll talk about many ways to improve and maintain our health. How many minutes of moderate physical activity should we do each day? *Wait for responses.* Right – 30 minutes daily. How many servings of fruits and vegetables should we eat each day? *Wait for responses.* Yes – 7 to 10 servings daily. What are some whole grain foods that you can eat each day? *Wait for responses.* Yes – a whole grain cereal for breakfast and a sandwich with two slices of whole grain bread give us the three servings of whole grain foods we need each day. How many servings of milk products do we need each day? *Wait for responses.* Right – three servings of low-fat milk products daily. Remember to choose low-salt and low-fat versions of your favorite foods. And, to prevent foodborne illness and the spread of the flu, colds and other germs – remember to wash your hands for how long? *Wait for responses.* Yes – 20 seconds!

Let's review our handout called "*Seniors Taking Charge of Your Health!*" and share what you eat to stay healthy. *Wait for responses.* How do you stay physically and mentally active? *Wait for responses.* What helps you stay positive and cheers you up? *Wait for responses.* Good! Next what are some check-ups that we need? *Wait for responses.* Yes! You can check your feet daily, which is especially important for those with diabetes. Ask your doctor how often you should have your blood pressure, blood cholesterol, blood sugar, and body weight checked. You may need these checked more often if you have high blood pressure, high blood cholesterol, or diabetes. Regular vision and hearing check-ups are also important. Ask your doctor or pharmacist to review your medications to help avoid medication problems. Another important part of good health is washing your hands for at least 20 seconds before preparing foods and after using the bathroom. Proper hand washing helps decrease the risk of foodborne illness, colds, and the flu, especially in the winter season.

Today we are going to discuss healthy eating, especially about eating more plant foods, such as fruits, vegetables, and whole grains, as well as finding ways to eat less fat and sodium. In addition, we are also going to review a few tips on how to store healthy foods and ways to stretch your food dollars so that you can enjoy more healthy foods.

Affordable Healthy Tips

How many of you have tried to follow a healthy eating plan, but find, that once you get to the grocery store, your food items seem really expensive and unaffordable? *Collect answers.* Which foods do you find most expensive? *Collect answers.* This is true for a lot of shoppers. In addition, there is a common misconception that healthy food choices are the most expensive. Now, let's begin to think of some healthy food choices. *Collect answers.* Yes, that's right. Healthy food choices include lots of fruits, vegetables, whole grains, lean meats, and low-fat milk products. These choices are also low in saturated fat, trans fat, sodium or salt, and cholesterol. *Go over the "Healthy Foods" handout with participants.*

Canned and Frozen Vegetables and Fruits

Now let's talk about why and how to shop for nutritious and convenient frozen and canned fruits and vegetables. But first, did you know that canned and frozen fruits and vegetables start as fresh produce picked at the peak of ripeness? This fresh-picked produce travels a few miles to the cannery or freezing plant and is processed within hours of harvest. *Carefully review the "Can Do Nutrition" handout with participants.*

Pantry Necessities

STOCK UP! Make sure you always have convenient, nutrition-packed canned and frozen produce, as well as other convenient staples in your pantry to help you make quick, easy and nutritious meals anytime! Follow these helpful tips to STOCK UP your pantry! *Review the "Pack the Pantry" handout with participants and highlight a few examples from each category.*

Store your pantry items properly. Canned foods keep well at moderate room temperature (about 75°F or cooler). Canned foods have a shelf life of at least 2 years from the processing date on the can (which may be hard to find). Most cans now have a *for best quality use by* date stamped on the top or bottom. Refrigerate any unused portions of canned food in the refrigerator, but first place in a storage container with a lid. Do not store opened canned foods in the refrigerator in the can.

Rust or small dents on canned foods may not harm the contents as long as the can is not leaking. However, throw away any canned foods that are leaking or have bulging ends. Also, do not use any cans that hiss loudly or spew contents when opened because these may be spoiled.

Ways to Save Money at the Grocery Store

So far we have talked about the healthy foods you should look for next time you go grocery shopping and how frozen and canned products are often a less expensive but equally healthy purchase. Now let's talk about some other strategies for healthy eating on a budget. One of the easiest ways to save money next time you buy groceries is simply to make a list. Plan out your meals for the week ahead of time. Keep in mind the time and energy you have to cook, and remember that canned and frozen are also an option. Take this list with you to the store. You will buy only what you need, and not what sounds good to you then. For some other money saving suggestions and a calendar of when certain fruits and vegetables are in season let us look at the "*Tips for Saving at the Grocery Store*" and "*Getting the Most for your Money – When to Buy Seasonal Produce*" handouts. Review the "*Tips for Saving at the Grocery Store*" handout with participants. Also, use the "*Getting the Most for your Money – When to Buy Seasonal Produce*" handout when you review the buying seasonal fruits and vegetable recommendation.

As you can see it is possible to fill your cart and kitchen with healthy food without breaking the bank. It just takes a little bit of planning ahead.

Menu and Recipe

Let's turn to a sample menu and healthy recipe on your handout titled "*Sample Menu #2.*" Our menu helps to illustrate healthy eating patterns and has about 1,800 calories. It shows us how to include at least seven servings of fruits and vegetables, at least three servings of whole grain foods, and three low-fat milk products. Our menu can help us think of ways to keep our meals and snacks budget-friendly, too. For example, beans are one of the vegetables for lunch. Most types of beans are inexpensive with many nutrients, such as protein, so you get a lot of nutritional "bang" for your buck. Many of the vegetables are available frozen, such as broccoli and spinach. Store brand frozen greens are often a great bargain and can last a lot longer than fresh when stored properly. Can you think of any other ideas to save money on foods in the sample menu? *Wait for responses.* Good! You know many ways to make healthy, budget friendly meals and snacks.

Our breakfast plan today has a recipe that you can try at home. Cinnamon apples are a warm and delicious way to start the day. This recipe makes enough for two people, so it is ideal when you live alone and do not want a lot of leftovers that may go to waste. Remember to follow any specific dietary restrictions or recommendations given to you by your physician, registered dietitian, pharmacist, or other health care professional. *If a recipe is provided for participants to try, then encourage them to describe the flavors and the healthy parts of the recipe. Be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

Ideas for Staying Active

Next, let's talk about some things you like to do to keep active and be physically active. *Invite participants to share with the group.* As we've heard from one another, there are many different activities that we can do. Let's look at our next handout titled "*Ideas to Stay Active*" that will show us even more ways to be active. Do you see any activities on this handout that you enjoy? *Wait for responses.* Doing the activities you enjoy makes it more likely that you'll stick with them! We have to be active on a regular basis to keep the benefits.

Staying physically active can include many of our everyday activities, too. Physical activity does not have to be a formal exercise session. For example, walking briskly for at least ten minutes at a time, no matter where you are, can count toward daily physical activity goals. Chair exercises for strength, such as leg lifts while watching television, can easily fit into a normal day. Raking leaves, doing yardwork, housework, and other chores can all contribute to a physically active lifestyle, too. Avoid sitting for long periods of time and balance sedentary activities, such as watching television, with more physical ones.

Being active doesn't have to be expensive or require a lot fancy equipment. For most activities, all you need is a pair of good fitting shoes and comfortable clothes. You can be physically active at home, or at a local gym, senior center, church or other place that offers walking, dancing, exercising to music and videos, muscle conditioning, or yoga. Having support from friends or family can make physical activity even more fun. Use a sturdy chair to do seated muscle-toning or stretching exercises. Inflated balls found at local discount stores can make activities more fun. You can try dribbling a ball as you walk around or as part of active play with grandchildren.

Be Physically Active Everyday!

To help you be physically active, record your minutes of physical activity on your Physical Activity Chart everyday. Remember – it is never too late to start being physically active. People of all ages benefit from physical activity. Start with a few minutes of activity, then gradually add more minutes, or engage in activities that are more challenging as you improve.

NOTE: *For groups using step counters:* Did you use your step counter this past week? *Wait for responses.* Did you write down the number of steps in your Physical Activity Chart? *Wait for a show of hands.* Be sure to write down your steps at the end of each day, or pick another time when it is easy to remember to write down your steps. You may ask your senior center director or manager if you can keep your Physical Activity Chart at the center. This first week of step counts gives you an idea of about how many steps you typically take in a day. I hope you will make it a goal to increase your number of steps in the coming week, even when it's only by a little bit, say a few hundred steps. The step counter helps us to see our improvements and track our progress over time.

Activity: “Bingo for Better Health”

Gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include magnifying glasses to read food and medicine labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

Seniors Taking Charge of Your Health! (Lesson 2)

Eat Healthy

What are some foods you eat to help you stay healthy?



Today we will talk about healthy staples to keep in our pantry.

Be Active

What are some activities you do to stay physically and mentally active?



Today we will talk about how you can be physically active at any age.

Be Positive

What are some things that cheer you up and help you enjoy life?



Today we will talk about saving money at the grocery store.

Get Checked

What are some check-ups we need?



Remember to talk with your doctor about the check-ups you need.

Healthy Foods



- **Fruits and vegetables**
 - It is less expensive to buy fruits and vegetables in season, but frozen and even canned are great options if prices get too high. Just keep in mind that fresh produce goes bad; so only buy what you will eat in the next few days.
- **Lean meat, fish, chicken, turkey, and eggs**
 - These are all good sources of protein. Look for these products to go on sale and stock up.
- **Milk, cheese, and yogurt**
 - These foods are all excellent sources of calcium, which help to keep your bones strong. Look for low-fat or fat-free options for a healthy way to get calcium.
- **Bread, cereal, pasta, and rice**
 - These foods are high fiber. So next time buy some whole grain versions of these products. Try whole grain bread instead of white, brown rice instead of white, and whole grain cereals.
- **Legumes, lentils, and nuts**
 - These products are a healthy inexpensive protein source. Legumes include pinto, kidney, or black beans – both dried and canned. Along with the protein, they have fiber and folate too. Nuts and peanut butter also have protein and monounsaturated fats.
- **Frozen**
 - Frozen foods can be a convenient option for any meal or snack. Just be sure to look at the nutrition labels for calories, fat, cholesterol, and sodium because the nutritional value of these products varies widely. Choose foods that are lower in sodium and fat.
- **Canned foods**
 - Canned foods are often less expensive and do not spoil as quickly as fresh foods. Look for “low-sodium” vegetables and soups.



Can-Do Nutrition!
7 to 10 a Day the Color Way with Canned Fruits and
Vegetables

- The most colorful fruits and vegetables, the strongest disease fighters, are also available canned and frozen.
- Canned and frozen fruits and vegetables are full of nutrition – equally or even more nutritious than fresh.
- Canned and frozen fruits and vegetables are a low-cost way to get your 7-10 fruit and vegetable servings daily.
- Canned and frozen fruits and vegetables are easy to use in your favorite recipes – less chopping, dicing, peeling. They are the original fast food!
- Choose canned vegetables or soups labeled “No Salt Added” or “Reduced-Sodium.” Rinsing canned vegetables can help reduce sodium.
- Choose canned fruits packed in their own juices, in light syrup, or in water to save calories and for less sugar.
- Look for canned fruits and vegetables that have no leaks or bulging ends. Small dents usually are not harmful as long as there are no leaks or bulges.
- Look for frozen fruits and vegetables with firm packages. Avoid those that look like they have been thawed and refrozen.
- Choose plain frozen vegetables, instead of those with cream, butter or cheese sauces, for less salt and fat, and fewer calories. Season yourself and enjoy!



Pack The Pantry

Stock your pantry with canned fruits and vegetables and other staples for quick, easy meals anytime.

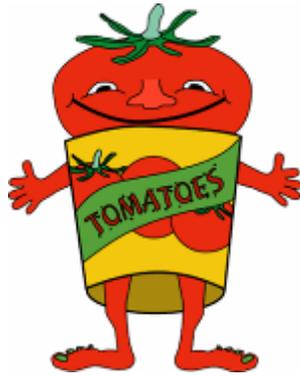
Canned Vegetables

Tomatoes
Tomato sauce, paste
Green beans
Corn
Peas
Beans
Sweet potatoes
Mixed vegetables
Carrots
Spinach
Beets
Artichoke hearts
Potatoes

Canned Meats/Nuts

Salmon
Tuna
Chicken
Mackerel
Sardines
Assorted nuts
Peanut butter

Jams, jellies
Evaporated milk
100% juices



Soups, Stew, Broth

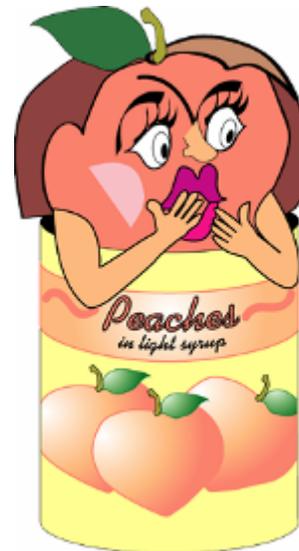
Vegetable soups
Vegetable stews
Tomato soup
Chicken, beef broths
Vegetable broth
Noodle soups
Chili
Bean soups
Bouillon

Canned Fruits

Pineapple
Peaches
Pears
Plums
Mandarin oranges
Tropical fruit salad
Fruit cocktail
Berries
Cherries

Staples

Brown rice
Pasta, noodles
Herbs, spices



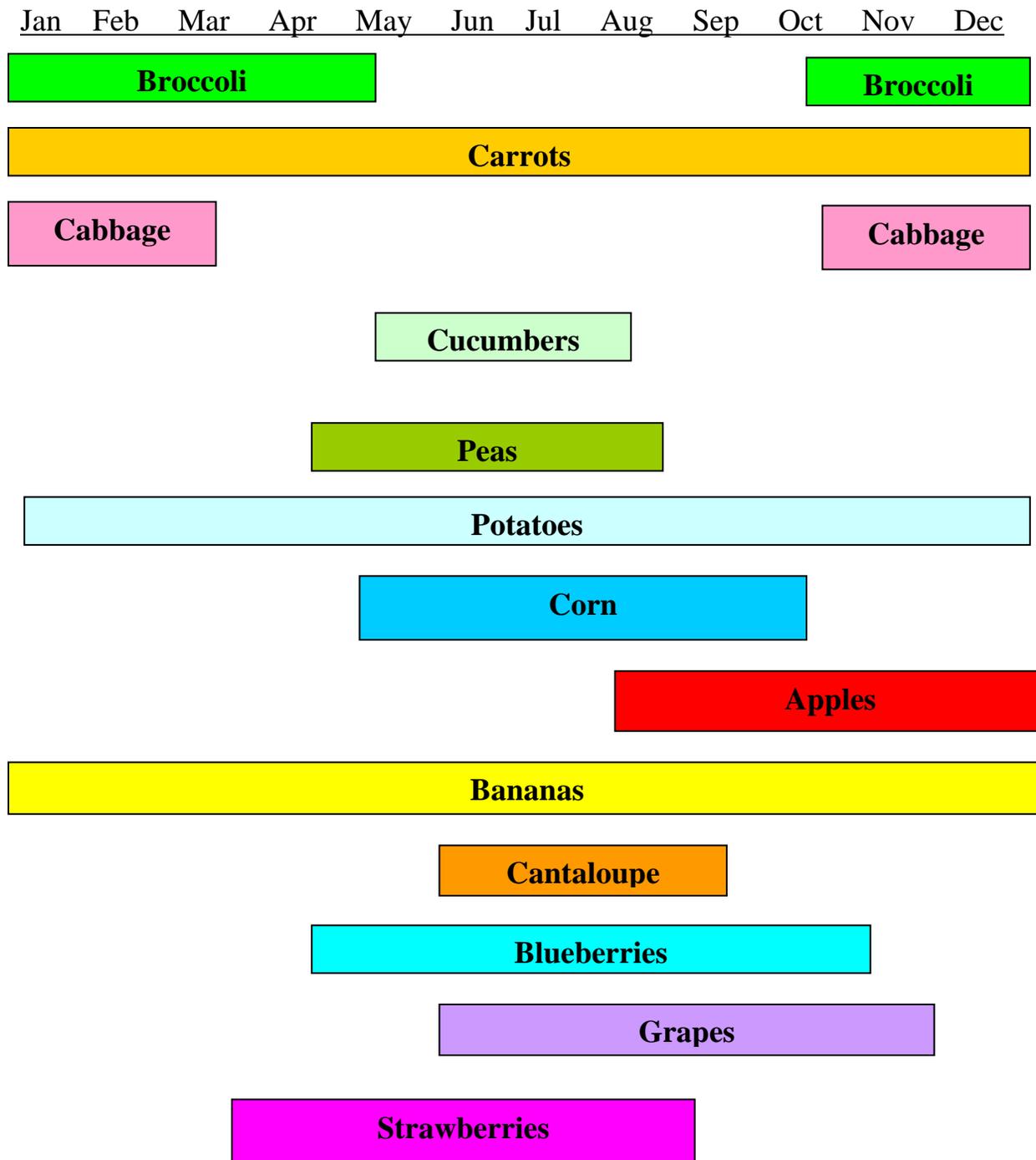
Coffee, tea
Flour, sugar
Honey

Tips for Saving at the Grocery Store

- **Make a list**
 - Plan meals for the whole week
 - Take the list with you and stick to it
- **Do not go grocery shopping when you are hungry**
- **Stock the staples**
 - Keep foods with a long shelf-life
 - Good for stretching the meal and the food dollar
- **Buy fresh fruits and vegetables in season**
- **Clip coupons**
 - Shop at grocery stores that price match
 - Keep coupons in mind when making your list
 - Do not buy it just because you have a coupon
- **Check the sales**
 - Keep sales in mind when making your list



Getting the Most for Your Money - When to Buy Seasonal Produce





Ideas to Stay Active

Here are some ideas for staying physically active. What are some of your favorite activities to do? Circle them.

Brisk walking (park, senior center)	Dancing	Water aerobics	Class at my senior center	Class at a community center
Yoga	Stretching	Playing with grandkids	Gardening	Cleaning house
Yardwork (raking leaves, pulling weeds)	Dribbling a ball	Lifting weights or objects at home	Chair exercises	Swimming
Riding a bike	Golf	Games (ping pong, catch)	Bowling	Resistance bands
Mopping or scrubbing the floor	Window shopping (walking)	Exercise videos	Treadmill or Stationary bike	Others (list):

Sample Menu #2

Breakfast

Cinnamon Apple Bites (recipe provided)
Whole wheat English muffin, 1 whole, toasted, with $\frac{1}{4}$ cup
reduced-fat shredded cheddar cheese, melted
Coffee, 1 cup, with artificial sweetener as desired



Snack

Strawberries, sliced, $\frac{1}{2}$ cup, topped with 1 tablespoon light whipped topping and 1
tablespoon toasted sliced almonds

Lunch

Turkey sandwich, made with 2 slices whole wheat bread, 2 ounces roasted turkey
breast without skin, 2 teaspoons reduced-fat mayonnaise, lettuce and tomato
Bean salad (chilled), made with $\frac{1}{2}$ cup canned garbanzo beans, rinsed and drained,
 $\frac{1}{4}$ cup sliced carrots (no-salt-added canned), 1 small chopped celery stalk, 1
teaspoon olive or canola oil, salt-free seasoning to taste
Broccoli florets, raw or steamed, $\frac{1}{2}$ cup, with 2 tablespoons reduced-fat ranch
dressing for dipping

Snack

Tangerines, 1 medium or 2 small
Milk, 1%, 1 cup

Evening Meal

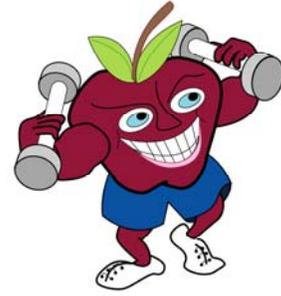
Pork tenderloin, lean, roasted, 3 ounces
Green beans, fresh or frozen, $\frac{1}{2}$ cup, with stewed tomatoes (no-salt-added
preferred), $\frac{1}{2}$ cup
Sweet potato, baked with 1 teaspoon soft tub margarine and cinnamon, 1 small
Whole wheat toast, 1 slice, with 1 teaspoon low-sugar fruit preserves

Snack

Graham crackers, 3 squares
Milk, 1%, 1 cup

*Remember to drink plenty of fluids throughout the day! Water, tea, coffee, small
amounts of juice, and other liquids all can help to keep you hydrated.

Cinnamon Apple Bites



Serves 2

Ingredients:

- 2 medium sweet apples, cut into bite-sized chunks (peeling optional)
- 1 tablespoon soft tub margarine
- 1 teaspoon brown sugar
- ¼ teaspoon ground cinnamon
- ½ teaspoon cornstarch, mixed with enough water to dissolve
- 2 tablespoons 100% apple juice or water
- ¼ teaspoon vanilla extract (optional)

Directions:

1. In a small saucepan over medium-low heat, melt the margarine.
2. Stir in the brown sugar, cinnamon, apple juice or water, cornstarch, and vanilla; add the apples.
3. Stir all ingredients together to coat apples evenly.
4. Cook apples until fork tender, about 15-20 minutes, stirring occasionally.
5. Serve warm.



Try this!

Cut an apple in half and slather with a tablespoon of peanut butter for a quick and healthy snack. You can also combine apple chunks with celery, grapes, walnuts, and low-fat mayonnaise to build a Waldorf salad.

Estimated Nutrition Facts per serving:

120 calories
4 g total fat
1 g saturated fat
23 g carbohydrate
0 g protein
3 g fiber

Nutrient Analyses of Sample Menus

Day/ Nutrient	Calories	Total Fat (g)	Sat. Fat (g)	Total Carb. (g)	Protein (g)	Fiber (g)
Sample 1	1805	52	15	257	89	28
Sample 2	1751	56	17	228	95	34
Sample 3	1774	50	12	240	96	27
Sample 4	1831	60	15	240	93	34
Sample 5	1725	52	13	228	101	26
Sample 6	1773	58	15	234	88	27
Sample 7	1744	61	18	221	94	32
Sample 8	1763	53	13	235	99	30
Sample 9	1757	51	17	232	101	30
Sample 10	1768	56	15	227	101	26
Sample 11	1810	68	19	223	92	27
Sample 12	1750	50	14	242	100	31
Average	1771	56	15	235	96	29



Most of the sample menus provide nutrients in the ranges of:

- 1750 to 1850 calories
- 25% to 35% of total calories from fat
- 7% to 10% of total calories from saturated fat
- 50% to 60% of total calories from carbohydrate
- 20% to 25% of total calories from protein
- 25 to 35 grams of fiber

Nutrient analysis estimates were completed using Diet Analysis Plus, Version 6.1, from ESHA Research, 2004. Nutrient values for individual foods can vary depending on brand, type of processing, method of preparation, and other factors. Be sure to read the Nutrition Facts panel of food labels if you'd like to know exactly how much of specific nutrients are in the foods you buy.