



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Plan, Shop, Save and Cook

Online Education Tools for Live Virtual Lessons

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These lessons have been adapted from *Plan, Shop, Save and Cook*

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This curriculum was adapted from *Eating Smart, Being Active's* Lesson 2, 2011. Revised, 2018

Zoom Meeting Agreements

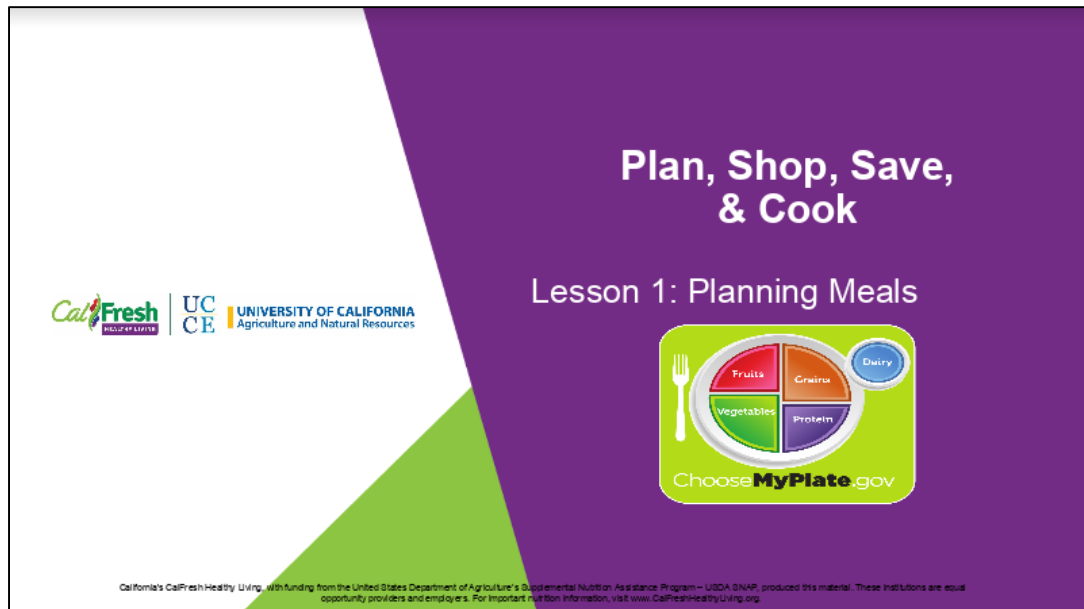
- Please keep your microphone or phone muted when the host or another participant is speaking
- Phones: *6 to mute and un-mute
- Use 'raise your hand' icon if you would like to speak
- Share your webcam video if you are comfortable doing so. Host may ask for 'video off' if internet connection is unstable
- Co-hosts are monitoring chat
- Will pause periodically for questions

Training Objectives

- Review tools created for online education
- Review which activities in the lessons have stayed the same and which activities have had adaptations
- View examples
- Provide tips for successful live online lessons

Tools Created


- PowerPoints in English and Spanish
- Educator Guides in English and Spanish



CalFresh FOOD FOR LIFE | **UC CE UNIVERSITY OF CALIFORNIA** Agriculture and Natural Resources


Lesson 1 Presenter Notes: Plan, Shop, Save & Cook

Slide 1



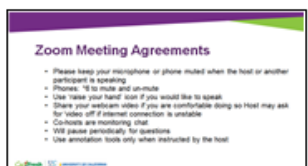
Today we will be discussing the Plan, Shop, Save, and Cook curriculum and specifically the importance of planning our meals and how to do so.

Slide 2



This lesson has been adapted from Plan, Shop, Save and Cook.

Slide 3



Explain Zoom features (mute themselves), and we will be using the chat box, polls and breakout rooms. If anyone has a question, please put it in the chat box and we will be monitoring it.

Zoom Meeting Agreements

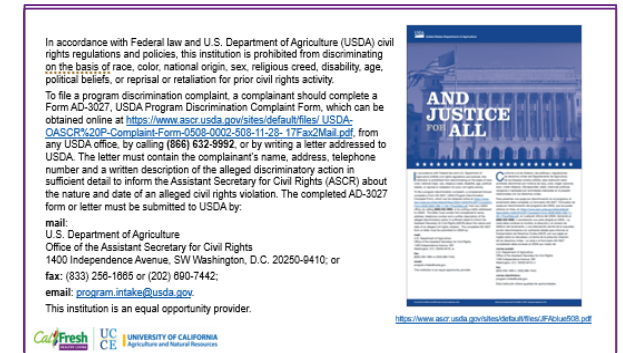
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- Please: "M" to mute and unmute.
- Use "raise your hand" icon if you would like to speak.
- Share your webcam video if you are comfortable doing so. Host may ask for video off if internet connection is unstable.
- Co-hosts are monitoring chat.
- All please periodically for questions.
- Use annotation tools only when instructed by the host.

This material is funded through a joint agreement among the USDA/FNS, CDSS CalFresh Healthy Living Section, UC Davis and the UC Cooperative Extension (UCCE). These institutions are equal opportunity providers and employers. CalFresh Food provides assistance to low-income households and can help buy nutritious foods for better health. For information, call 1-877-847-3683.

Lesson Format

All lessons include the following slides:

- Title
- Acknowledgement
- Zoom meeting agreements
- Materials needed and handouts
- Review of the previous lesson's goals
- Lesson Objectives
- A physical activity video
- Goals
- Entry and Exit surveys (lessons 1 and 4)
- Funding and Nondiscrimination statement slides



Lesson Training Format

Educators will:

- Review lesson objectives
- Go over what is delivered the same way and what was modified for online delivery
- Give an example of an activity modified for online lesson delivery

Welcome

Community Nutrition Educators:

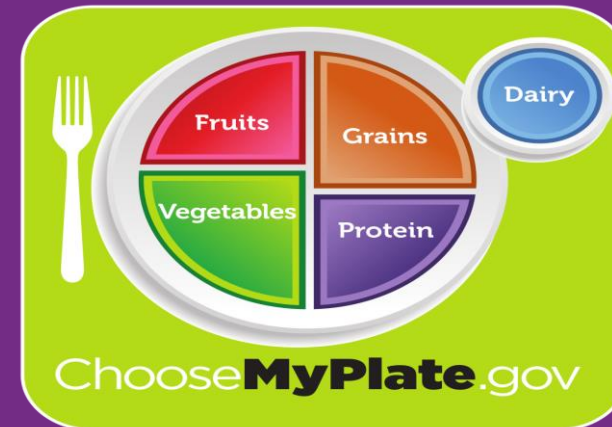
Elaine Silver

Alejandra Gonzalez

Carmen Simmons



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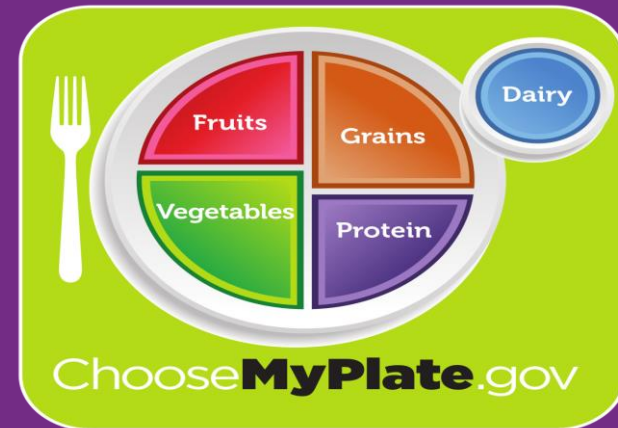


Plan, Shop, Save, & Cook

Lesson 1: Planning Meals



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Lesson Objectives:

- Plan a healthy meal using MyPlate
- Write a shopping list for one meal
- Understand the importance of eating a variety of foods



Activities

Review MyPlate

- Using ‘chat’ or by unmuting, participants share favorite fruits and vegetables

Create a Meal Based on MyPlate and Foods On-hand

- Participants join breakout rooms to plan meal together in small groups
- Participants share in large group by using chat or by unmuting in zoom class

Handout “Eating Better on a Budget”

- Highlight a few items within the 10 tips handout

Food Tasting

- Unable to do food tasting now. Discuss Eatfresh.org recipe and show recipe preparation video

Activity time

Materials needed: Notepad, pencil and advertisement (if available)

Write a dinner menu or review your most recent meal, include the main dish, side dishes and beverage.

Now, compare to *MyPlate* food groups.

- Protein
- Grains
- Fruits
- Dairy
- Vegetables



Steps to Planning a Meal:

STEP 1= Check for foods on hand.

STEP 2= Check for sales.

STEP 3= Complete the meal planning.

STEP 4= Write your shopping list.



In-person classes –
Store flyers provided to
participants

Virtual classes -
Use of store flyers if
participants have them
at home or online



In-person classes –

Work in pairs to complete activity

Virtual classes -

Participants join break out rooms to plan a meal

Participants share planned meals with large group via “chat box” or un-muting

Write Your Family Dinner Menu

Instructions: Prepare a shopping list and your family dinner menu by following the steps below.

Step 1: Review the foods you have at home

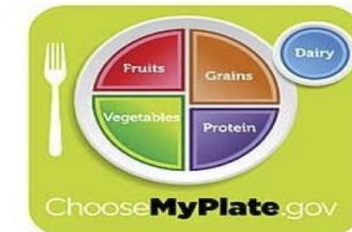
Tortillas	Onions
Tomato Sauce	Low-Fat Cheese
Oranges	Chicken Broth



Step 2: Create a shopping list by choosing foods from the store advertisement to complete a meal

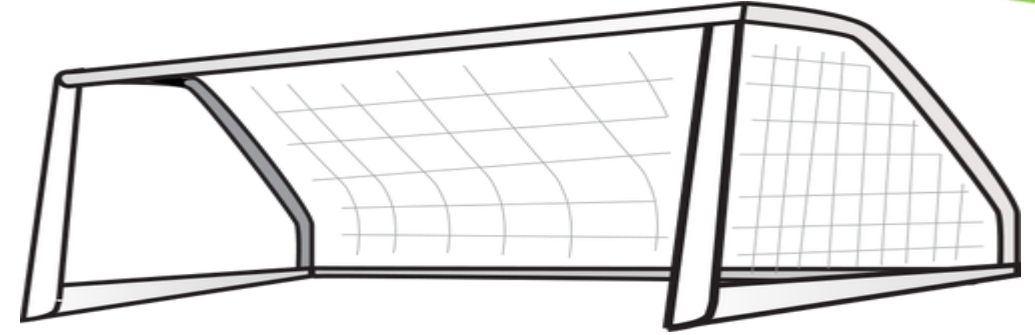
Step 3: Now write your dinner menu

Step 4: Compare the foods in your menu to the MyPlate food groups.



Are all food groups included? Are fruits and vegetables included in the meal?

Poll used for Goal Setting



1. I will go grocery shopping using my shopping list.
2. I will create another dinner menu.
3. I will cook the meal I planned today in class for my family.
4. I will have my children plan and prepare a meal this week.

Questions



Plan, Shop, Save, & Cook

LESSON 2: Using Food Labels



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Martha Lopez
Community Nutrition Educator
Imperial County

Objectives:

PSSC Lesson 2 – Nutrition Fact Label

- Learn how to use the Nutrition Facts and ingredients list on a food label to make healthier choice.
- Identify if their usual portion of cereal is different than the listed serving size on the label.
- Choose a cereal with six grams or less of sugar per serving.

Activities:

Food Labels for Healthy Eating Activity

- Review slides/handout on *Food Labels for Healthy Eating* with participants
- Discuss where to locate *serving size* and *total* and *added sugars* on label.
 - Use chat box or unmute to share

Serving Size Compared to Portion Eaten Activity

- Ask participants to use cereal box from home to locate serving size.
- Use slides with pictures to show how to measure and compare amount of cereal eaten compared to serving size.
 - Use chat or unmute to share if portion eaten was more or less.

Activities (cont.):

Show Me The Sugar Activity

- Review slides or *Show Me the Sugar* handout.
- Point out the names for different types of sugar found on food labels.
 - Use chat or unmute to share how many types of sugars are listed on ingredients list.

Calculating Grams of Sugar Activity

- Slides containing pictures detailing activity steps were created.
- Review how to calculate teaspoons of sugar from grams using the pictures.
 - Participants can follow along at home.

Food tasting

- Unable to do food tastings. You can talk about a low cost, whole grain and unsweetened cereal. Discuss choosing a cereal with 6 grams or less added sugar.

Identifying Sugar on Nutrition Facts Label



Point to sugar
on the
ingredients list
on food label

Example Activity:

How to calculate teaspoons of sugar in a serving



**Serving size:
1 cup of cereal**



**Divide 11 grams of sugar by 4 =
2.75 tsp sugar**



Questions





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LESSON 3: Saving Money

Maricarmen Anaya-Rodriguez
Community Nutrition Educator
San Joaquin County

PSSC Lesson 3 - Saving Money:

Learn how to use unit pricing, review bulk and generic products, and how to keep your food safe to prevent waste and spoilage.

Activities:

Share ways to save money while shopping

- Participants can share ideas on the chat box or in the zoom class

Unit Pricing: Compare the cost

- Use the handout to answer the questions as a group

Food tasting

- Unable to do food tasting now. You can talk about differences on National Brands and Store brands

Handout “Eating Better on a Budget”

- Participants take turns to read and review the 10 tips

1. Unit Pricing

- The cost per a standard amount of an item (usually ounces, cups, or pounds).
- Unit pricing only compares the price, not in the quality or ingredients.
- Often displayed on a sticker on the shelf at a grocery store.



Unit Pricing


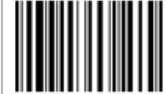
Use unit pricing to compare prices of similar foods that are different sizes or brands. You can determine the best buy.



Unit Pricing— Compare the Cost

Comparing prices can help you find the best buy. Unit prices for food are often displayed on store shelves below the foods. A unit price tells you how much the food costs per ounce, per pound or per liter. Use the unit price to compare the cost of different size packages to get the best deal.

Abbreviations Key: oz = ounce; L = liter; lb = pound

CEREAL A		CEREAL B	
Unit Price .15 ¢ per oz.	Total Price \$3.64	Unit Price .19 ¢ per oz.	Total Price \$3.38
	24 oz.		18 oz.
Snappy Rice Cereal		Crackly Rice Cereal	

1. Review the unit pricing tags above. Notice that the cereal unit prices are listed in ounces. The cost per ounce is the unit price. Answer the following questions.

- Which cereal costs the least (total price)? _____
- Which cereal costs the least per ounce? _____
- Which cereal is the better buy? _____

2. Sometimes you must figure out unit price on your own. For example, if there are 10 ounces in a box of cereal, and the box costs \$3.00, what is the cost per ounce? Use a calculator to figure out the unit price.

$$\frac{\$}{\text{Total Cost}} \div \frac{\text{Total Weight}}{\text{Unit Price}} = \frac{\text{Unit Price}}{\text{Unit Price}}$$



Unit Pricing— Compare the Cost

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Snappy Rice Cereal	24 oz.

CEREAL B

Unit Price .19 ¢ per oz.	
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Crackly Rice Cereal	18 oz.

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CEREAL B

Unit Price .19 ¢ per oz.	Total Price \$3.38
	
Crackly Rice Cereal	18 oz.

1. Review the unit pricing tags above. Notice that the cereal unit prices are listed in ounces. The cost per ounce is the unit price. Answer the following questions.

- Which cereal costs the least (total price)? B
- Which cereal costs the least per ounce? A
- Which cereal is the better buy? A

2. Sometimes you must figure out unit price on your own. For example, if there are 10 ounces in a box of cereal, and the box costs \$3.00, what is the cost per ounce? Use a calculator to figure out the unit price.

$$\frac{\$ 3.00}{\text{Total Cost}} \div \frac{10 \text{ ounces}}{\text{Total Weight}} = \frac{.3 \text{ cents}}{\text{Unit Price}}$$

**10
tips**
Nutrition
Education Series

eating better on a budget



10 tips to help you stretch your food dollars

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.



3 compare and contrast

Locate the "Unit Price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



8 cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

10 eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Stick to water instead of ordering other beverages, which add to the bill.

USDA United States
Department of Agriculture
Center for Nutrition
Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 16
December 2011
USDA is an equal opportunity
provider and employer.

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Questions





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LESSON 4: Cooking A Meal

Tracy Yang
Community Nutrition Educator
Butte County

Lesson 4: Cooking A Meal

Learn how to prepare a quick, low cost and healthy one-pot dish to add to your “Go To” list.

Lesson Activities:

My Healthy Plate

- In the breakout rooms, participants will create one healthy plate consisting 5 food groups.

Recipe Demonstration and Food Tasting

- This lesson focuses on cooking. Unable to do recipe preparation and food tasting now. Recipe handout with instructions provided prior to class.

Which Ingredients Goes Where?

- Using “chat” or by unmuting, participants identify which ingredients goes where on the MyPlate.

Recipe Demonstration and Food Tasting

In-person class –

Recipe is prepared and tasted in class

Virtual lesson –

Recipe handout provided and participants are encouraged to prepare recipe at home



Chicken, Broccoli, and Rice Casserole

• 4 Servings •

Ingredients:

- 1 lb boneless, skinless chicken breast
- 1 tbs oil
- 1 bell or sweet pepper
- 1 medium white or yellow onion
- 1 (10.75 oz.) can of low-sodium cream of mushroom soup, mushroom chicken soup, or celery soup
- 1 cup uncooked instant brown rice
- 1 cup water
- 1 (10-12oz.) package of frozen chopped broccoli
- ½ cup grated cheese
- Salt & Pepper to taste

Directions:

1. Wash hands.
2. Chop bell pepper into bite size chunks, about 1/2 inch thick.
3. Dice onion into small pieces.
4. Dice chicken into cubes, 1/2 inch thick.
5. Place pan on stovetop and add 1 tablespoon oil.
6. Add raw chicken in pan. Turn to medium heat and cook for several minutes until cooked through and no longer pink in the middle.
7. Add bell pepper, onion, soup, rice, and water to the pan.
8. Cover and bring to boil.
9. Then reduce heat and simmer for 10 minutes.
10. Add broccoli and cook for another 5 minutes until rice is done.
11. Remove from stovetop. Top with cheese. Add salt and pepper to taste.

Supplies:

- Cutting board
- Knife
- Frying pan
- Spatula
- Can opener
- Measuring cups
- Cheese grater

Nutrition Facts:*

Amount per serving:

Total Calories– 360
Total Fat– 11g
Saturated Fat– 4g
Sodium– 690mg
Carbohydrates– 31g
Fiber– 5g
Sugars– 4g
Protein– 35g
Vitamin A– 30%
Vitamin C– 120%
Calcium– 15%
Iron– 15%.

**Analysis includes low sodium cream of mushroom chicken soup and cheddar cheese.*

Recipe is from the Making Every Dollar Count curriculum by the University of California Cooperative Extension Program

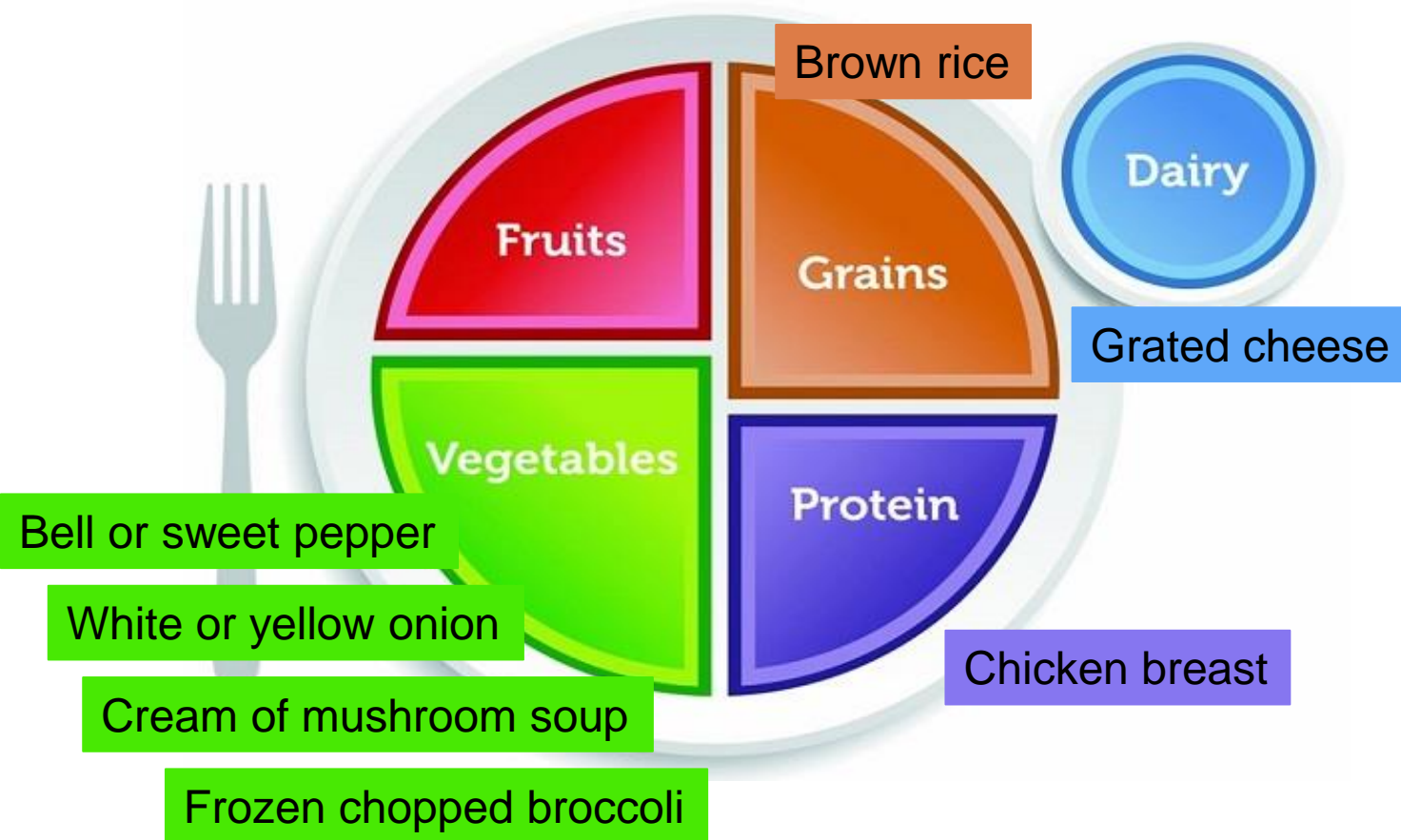
California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.



0.1 CURRICULUM/RECURSIVE/Curricula Print File/Adult Curriculum/PSSC/PSSC 2017-Current/Lesson 4

Rev. 04/20

Which ingredients goes where?



Chicken, Broccoli, and Rice Casserole
· 4 Servings ·

Ingredients:

- 1 lb boneless, skinless chicken breast
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- ½ cup grated cheese
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Questions



EVALUATION: Online PSSC pre/post surveys in PEARS

- If delivering PSSC over 4 weeks or longer period, **recommended evaluation tool** is the PSSC pre/post survey
- Share weblink or QR code with participants to complete the survey online
 - English and Spanish versions of PSSC pre/post in PEARS
- Will be covered during Sept 15th town hall
 - Tip Sheet for how to do this posted on web [here](#)
 - KSU short 2-min video for completing surveys on line also posted [here](#)

Tips

Whenever possible:

- Add a lesson to the series and focus on how to use Zoom
- Provide participants with lesson handouts, prior to the lessons
- Be prepared- set up polls prior to your lesson, practice your lesson, log in 10-15 minutes before the lesson starts to test your equipment (computer, audio, etc.)
- Have a co-host or someone from the agency to support in the presentation

Where you can find the online tools

Questions



THANK YOU!

State Office Contact

Tammy McMurdo

tjmcmurdo@ucdavis.edu