

Plan, Shop, Save & Cook

A nutrition and food resource management curriculum for adults



Highlights:

- 4 lessons, 60 minutes each
 - Adapted from the *Eating Smart, Being Active* curriculum
 - Based on the Adult Learning Principles outlined in *From Telling to Teaching* by Joyce Norris
- “Dialogue-based learning creates an environment where the learner is comfortable and willing to participate.”***
- Curriculum and materials available in English and Spanish
 - Practice-tested with demonstrated improvements (Data on Pg. 2)
 - Contains a family meal recipe demonstration

“This class was extremely informative! It has made healthy meal prep less intimidating. I have made small changes already that have made a huge difference. I am so glad I have had the opportunity to be a part of this great class.”

- UC CalFresh Participant

Overview of Lessons:

- **Lesson 1—Meal Planning:** Learn how to plan meals for your family and write shopping lists to save money and time.
- **Lesson 2—Food Labels:** Learn to choose foods that are the most nutritious and that fit within your budget. Learn techniques to lower your food bill and stretch your money.
- **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.
- **Lesson 4—Cooking A Meal:** Discover tips to help you plan simple, nutritious meals and taste a healthy, low-cost recipe.

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

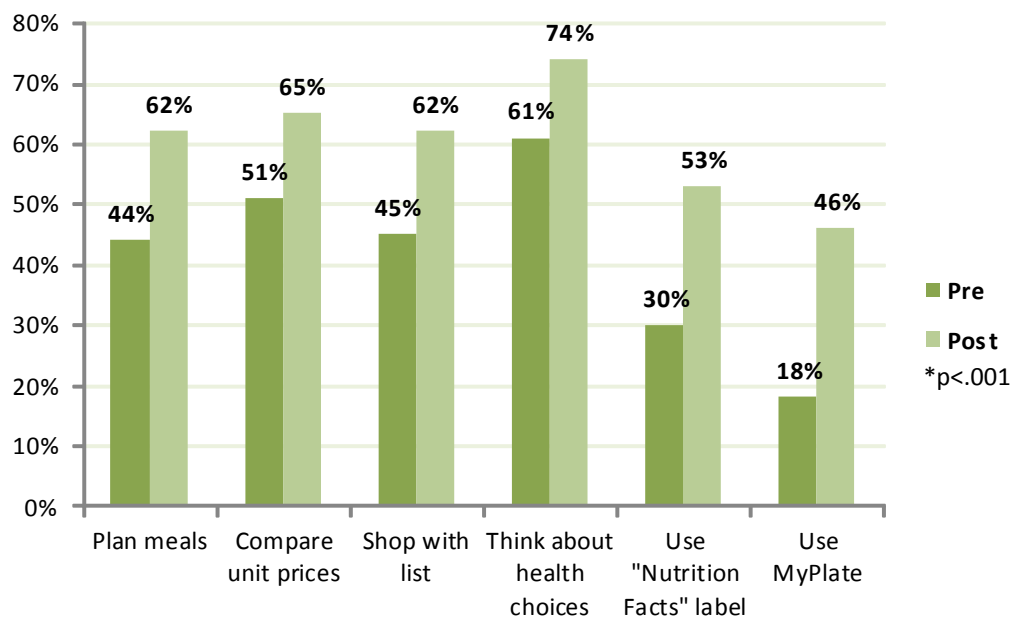
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UNIVERSITY OF CALIFORNIA
calfresh Nutrition Education

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**Significantly Improved Behaviors from Pre to Post of 1,678 adults
“Almost Always” or “Most of the Time” in FFY 2015**



“I am so happy that I took this class. It has been a tremendous help for me and my family. It has helped me and my kids eat healthier. Each time I prepare my lunch, I look at the nutrition facts, something I didn’t do before—All thanks to this program.”

- UC CalFresh Participant

“It has helped me make better choices when it comes to planning out my meals. Also how to stretch out my food stamps and how to use coupons.”

- UC CalFresh Participant

“The UC CalFresh program presentations are extremely important and an integral part of our training program. We are very grateful that our organizations are collaborating together to reach, teach and help place trainees into meaningful work — giving them renewed hope for themselves, and their families.”

- Supervisor from Homemaker Care Program (Kern County)

Published Evidence-Based Research

“Greater use of resource management skills was significantly related to reduction in running out of food before end of the month.”

“Participants who received SNAP benefits and made more improvements in resource management in resource management skills reported greatest decrease in running out of food.”

Kaiser, L., Chaidez, V., Algert, S., Horowitz, M., Martin, A., Mendoza, C., . . . Ginsburg, D.C. (2015). Food Resource Management Education With SNAP Participation Improves Food Security. *J Nutr Educ Behav*, 47(4), 374-378 e371. doi:10.1016/j.jneb.2015.01.012