



Grocery Store Healthy Foods Scavenger Hunt

Shopping and Healthy Eating on a Budget



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Helpful Healthy Living Resources



Smart Phone Apps

- Cooking Matters app – available on Android
Provides over 100 budget-friendly, nutritious, and delicious recipes for busy families.
- Fooducate app
Avoid food marketing scams! Scan products barcodes in store or at home to quickly see if a food item is nutritious or not and learn why.
- MyPlate app
Pick simple daily food goals, see real-time progress, and earn badges along the way to achieve better health.
- MyFitness Pal app
A smartphone app and website that tracks diet and exercise.
- Nutrition Info app – available on iPhone
View nutritional facts. Search through thousands of food items including food from popular restaurants and store brands.

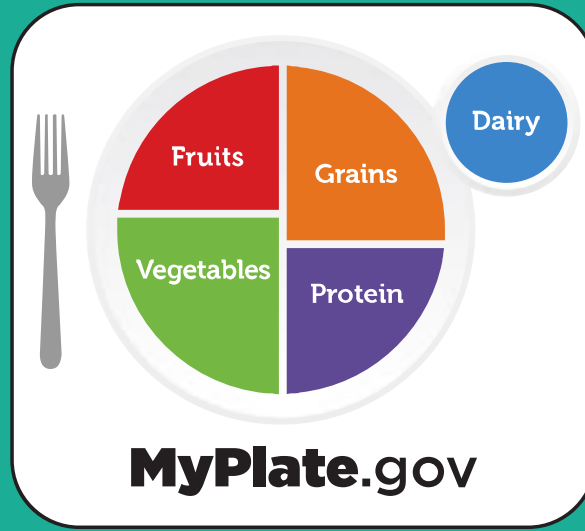
Websites:

- www.mealbuilder.org
Find healthy recipes and build meal plans
- www.myplate.gov
Information on healthy eating, life stages, and resources.
- www.myplate.gov/myplate-kitchen
Provides recipes and resources to support building healthy and budget-friendly meals
- www.cookingmatters.org
Recipes, tips, and videos to make eating healthier fast and affordable for families.
- www.diabetesfoodhub.org
A great resource for diabetic-friendly meals - including those on a budget

Cook Books:

- *Good and Cheap* by Leeanne Brown
Recipes for healthy affordable meals

A Healthy Plate

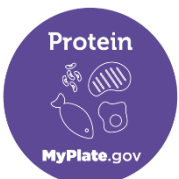


Make half your plate fruits and vegetables. Focus on whole fruits, rather than 100% fruit juice.



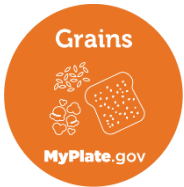
Half your plate should be filled with fruits and vegetables. Vary your veggies – eat all the colors of the rainbow! Vegetables are organized into 5 subgroups based on their nutrition content:

- dark green
- red and orange
- beans, peas, and lentils
- Starchy
- other vegetables



Eat different kinds of proteins to get the nutrients and health benefits your body needs. Choose lean or low-fat proteins, like 93% lean ground beef, pork loin, and skinless chicken breasts. Fish, such as salmon, also has many healthy fats.

A Healthy Plate



Make at least half your grains whole grains. Grains are divided into 2 subgroups: Whole Grains and Refined Grains. Examples of whole grains include brown rice, whole-wheat flour, oatmeal, and whole grain cornmeal.



Choose low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions). The Dairy Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt. It does not include foods made from milk that have little calcium and a high fat content, such as cream cheese, sour cream, cream, and butter.

Video: How to Create a Healthy Plate



www.bit.ly/Healthy-Plate

Healthy Eating Tips



Eat healthy fats.

Not all fats are bad! Foods with monounsaturated and polyunsaturated fats are vital for your brain and heart. Limit foods with trans fats, which increase the risk for heart disease. Good sources of healthy fats include olive oil, nuts, seeds, certain types of fish, and avocados.

Fresh Take:

- Avocados are full of healthy fats. Top a salad or lean meat with avocado or try some avocado in your morning smoothie.
- Sprinkle nuts or seeds (like sliced almonds or pumpkin seeds) on soups, salads, oatmeal, or yogurt.
- Add fish with healthy fats, like salmon or tuna, into your meals twice a week.
- Swap processed oils (like soybean oil) for oils that are cold-pressed, like extra-virgin olive oil and sesame oil.

Fill your plate with a variety of colors

Colorful foods like dark, leafy greens, oranges, tomatoes, and fresh herbs are full of vitamins, fiber, and minerals.

Fresh Take:

- Toss fresh herbs in a salad or whole grain pasta.
- Make a red sauce using canned tomatoes (use “low sodium” or “no salt added”), fresh herbs, and spices.
- Add some veggies! Try adding peppers, broccoli, onions or other vegetables to soups, eggs, casseroles, or stir-fry to give them a boost of color and nutrients.

Healthy Eating Tips



Cut the sodium.

Good nutrition is about balance. Consuming too much sodium increases blood pressure, raising the risk of heart disease and stroke. Nearly 90% of Americans 2 years old or older consume too much sodium. For most people ages 14 years and older, sodium should not exceed 2,300 mg per day.

Try this:

- **Avoid** processed and prepackaged food, which can be full of hidden sodium. Many common foods, including breads, pizza, and deli meats, can be sources of hidden sodium.
- At the grocery store, look for products that say, "low sodium."
- At restaurants, ask for sauces and dressings on the side.
- Instead of using salt, add delicious flavor to your meals with a **squeeze of fresh lemon or lime juice**, a dash of no-salt spice blends, or fresh herbs.



Healthy Eating Tips



Bump up your fiber

Fiber in your diet not only keeps you regular, but it also helps you feel fuller longer. Fiber also helps control blood sugar and lowers cholesterol levels. Fresh fruits and vegetables, whole grains, and legumes (beans and peas) are good sources of fiber.

Try this:

- Slice up **raw veggies** and keep them in to-go baggies to use as quick snacks.
- Start your day off with a high-fiber breakfast like whole grain oatmeal sprinkled with pecans or macadamia nuts.
- Steam veggies rather than boiling them. When buying frozen veggies, look for ones that have been “flash frozen.”
- Add half a cup of beans or peas to your salad to add fiber, texture, and flavor.



Eat Healthy on a Budget



Healthy eating is important at every age – and can be done on a budget. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

1. Plan, plan, plan

Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.

2. Compare similar products

Locate the “unit price” on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.

3. Stretch your food dollars

Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.

4. Grow your own in your home

Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.

5. Buy in bulk

Save money by buying larger quantities of foods that store well, like whole grains, canned or dried beans, and frozen vegetables. Don’t overbuy foods that you will throw out later.

6. Look for on-sale produce

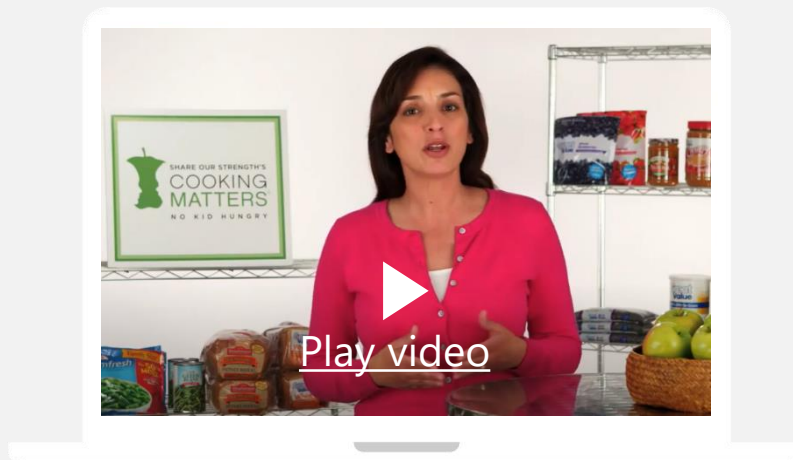
Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.

The benefits of healthy eating add up over time, bite by bite.

Buying Fruits & Vegetables on a Budget



Watch these short videos by either scanning the QR codes with your smart phone camera or typing the links into an internet browser on your phone or computer.



How to compare fresh, frozen, & canned produce:

- www.bit.ly/comparefv



How to Save Money on Fruits and Veggies:

- www.bit.ly/saveFV



Reading Food Nutrition Labels



Understanding the Nutrition Facts label is one key to being able to make healthier choices. The label breaks down the amount of nutrients per serving of the food, which is helpful to compare the nutrition of similar products. Be sure to look at different brands of the same food. Nutrition can vary widely for different brands with similar products. For example, one brand of refried beans may have more calories, fat, and sodium than another brand for the same serving size.

1. Look at the **Serving size**.
The information on this product is for a 2/3-cup serving.
2. **Check the number of servings** in the container or package. This item has 8 servings. If you eat the entire package, you are eating 8 times the amount of calories, sugar, fat, etc., listed on the label.
3. **Total Carbohydrate** tells the amounts of carbs in the food, including sugar, added sugar, and fiber.
4. Choose foods with **higher amounts of vitamins, minerals and fiber**.
5. Choose foods with **lower calories, saturated fat, sodium, and added sugars**.
Avoid *trans* fat.

Nutrition Facts	
8 servings per container	← 2
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

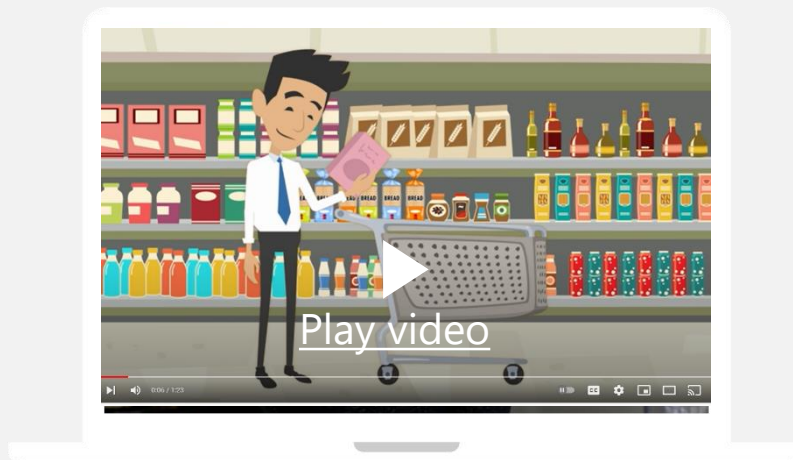
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Photo courtesy of U.S. Department of Health & Human Services

Reading Food Nutrition Labels



Watch these short videos by either scanning the QR codes with your smart phone camera or typing the links into an internet browser on your phone or computer.



Food Label Smarts Video

- www.bit.ly/AH-nutritionlabels



Ready to take a deeper dive and learn even more about reading nutrition labels? Follow the link below to learn more.

- www.bit.ly/FDAfoodlabel

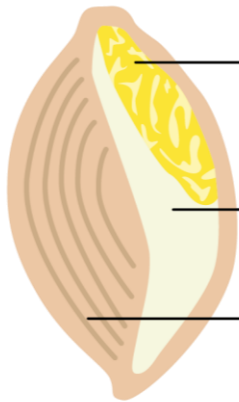


What are Whole Grains?



Whole grains are grains that contain all parts of the grain and no nutrients have been removed.

Wheat and Rice both come from whole grains, which have three parts:



1. **Germ**

The seed for a new plant. This contains B vitamins, some protein, minerals, and healthy oils.

2. **Endosperm**

Contains starch, protein, and some vitamins and minerals.

3. **Bran**

The protective outer shell. This is high in fiber and B vitamins.



The germ and bran contain most of the vitamins and minerals but are removed when making white bread or white rice.



Whole wheat bread and brown rice are made with all three parts and are much healthier!

Examples of whole grains:

whole wheat, oats, corn, bulgur (cracked wheat), barley, popcorn, buckwheat, and brown rice.

Why choose Whole Grains?



Better Health

- Whole grains are linked to a lower risk of heart disease, diabetes, certain cancers, and other health problems.
- Beneficial antioxidants, B vitamins, minerals, healthy fats, some protein and fiber are found in the bran, germ and endosperm. These are the beneficial nutrients that are removed when these layers are stripped off during processing/refining.
- Supports healthy digestion
- Can help lower cholesterol

Whole Grains Help You Feel Full

- Grains are naturally high in fiber which helps you feel full and satisfied.



Identifying Whole Grain Foods



Check the Ingredient List and Label

- Just because the color inside a loaf of bread is brown or tan instead of white or has words like "oatmeal," "multigrain," or even "whole wheat," in its name does not necessarily mean it is a whole grain product.
- Ingredients are always listed in order of weight. The closer an ingredient is to the beginning of the list; the greater percentage of that ingredient is in your bread.
- Look for the 100% Whole Grain stamp



Tip: If you or your kids don't like whole grain bread, try white whole grain bread instead.

Video: How to Find Whole Grain Foods

www.bit.ly/find-wg



Add More Whole Grains to your diet



Try these tips to add more whole grains to your meals and snacks:

- Choose whole-grain cereals, such as whole-wheat bran flakes, shredded wheat, or oatmeal.
- Substitute white bread toast or plain bagels with whole-grain toast or bagels.
- Eat low-fat muffins made with whole-grain cereals, such as oatmeal instead of pastries.
- Use whole-grain breads or rolls to make sandwiches.
- Switch to whole-wheat tortillas.
- Substitute white rice for brown rice, quinoa, wild rice, barley, or bulgur.
- Make soups, stews, casseroles, and salads with wild rice or barley.
- Make your proteins go further by adding whole grains like cooked brown rice or whole-grain breadcrumbs to ground meat or poultry.
- In recipes, substitute breadcrumbs with rolled oats or crushed whole-wheat bran cereal.
- Eat whole-grain snacks such as whole-wheat crackers or popping your own popcorn.

Comparing Unit Prices



Read below then watch the short videos by either scanning the QR codes with your smart phone camera or typing the links into an internet browser.



Photo courtesy of U.S. Department of Agriculture

Retail Price - total cost of an item

Unit Price – how much you pay per pound, ounce, etc. Use unit price to determine which items will get you the most for your money.

The picture above, illustrates that although you will pay less for the 4 oz. yogurt, purchasing the 32 oz. yogurt will give you more food for the amount of money spent. Most stores will calculate the unit price for you, but if you need to find the unit price yourself, use the formula below:

 **TOTAL PRICE ÷ SIZE = UNIT PRICE**

Comparing unit prices:

- www.bit.ly/comparingup



Comparing unit prices at the store:

- www.bit.ly/compareUP2



Grocery Store Scavenger Hunt




1. Now it's time to put together all you've learned with a trip to the grocery store!
2. Take this packet and a pen with you to the grocery store to purchase ingredients on the scavenger hunt list on the next page.
3. Use the items you purchase to make an affordable healthy meal your family can enjoy together!



Grocery Store Scavenger Hunt



Using the skills you've learned, shop for the following ingredients to cook the recipe on the next page. Don't forget to compare ingredient prices on fresh, canned, and frozen items along with the unit prices.

	Ingredients	Price
	2 Potatoes	\$
	4 Carrots	\$
	Bulb of fresh Garlic	\$
	Soy sauce (reduced sodium)	\$
	Rice vinegar	\$
	Bay leaves	\$
	8 chicken thighs	\$
	Brown rice	\$
	Corn starch	\$
	4 jalapeños (optional)	\$
	Fresh ginger root (optional)	\$

Filipino Chicken Adobo

Feeds 8 – Adapted from *Good and Cheap* by Leeanne Brown



Ingredients:

$\frac{3}{4}$ cup rice vinegar or white vinegar
 $\frac{1}{4}$ cup soy sauce
2 cloves garlic, minced
 $\frac{1}{2}$ tsp black pepper
2 bay leaves
8 chicken thighs, fat trimmed

2 tbsp vegetable oil
 $\frac{3}{4}$ cup water
2 medium potatoes, chopped
4 medium carrots, sliced
2 cups brown rice
salt
2 tsp cornstarch

Optional Additions: 4 jalapeños, ginger root, grated

Recipe Variations:

$1\frac{1}{2}$ lb pork shoulder or butt, cubed, instead of chicken
1 can coconut milk instead of water



1. In a large, non-aluminum pan, stir together the vinegar, soy sauce, garlic, pepper, and bay leaves. Add the chicken, coating each piece thoroughly. Cover and let marinate for at least 30 minutes, but overnight is great.
2. Pull the chicken out of the marinade and pat each piece dry with a paper towel.
3. Pour the oil into a large pot on medium heat. Once the oil is hot, add enough chicken to fill the bottom of the pot. Let it cook for a few minutes until one side of the chicken is browned, then flip it over. When the first batch of chicken is done, remove it from the pot and repeat with the remainder.
4. After all the chicken is browned, put it back in the pot along with the marinade, water, potatoes, and carrots. Turn the heat up until the liquid comes to a boil, then reduce to low heat and simmer for 45 minutes, or until the meat near the bone is no longer pink and the carrots and potatoes are cooked through.
5. About 30 minutes before the adobo is ready, cook brown rice according to package directions. Add two pinches of salt.
6. Bring to a boil over medium heat with the lid off. Turn the heat down and cover with a lid that is slightly askew to let the steam escape. Cook about 20 minutes, until the water is all gone.
7. Remove the bay leaves from the adobo.
8. In a small bowl, mix the cornstarch with a tablespoon of water, then stir it into the sauce. Let the sauce boil and thicken until the chicken and vegetables are well glazed.
9. Serve over the rice.



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