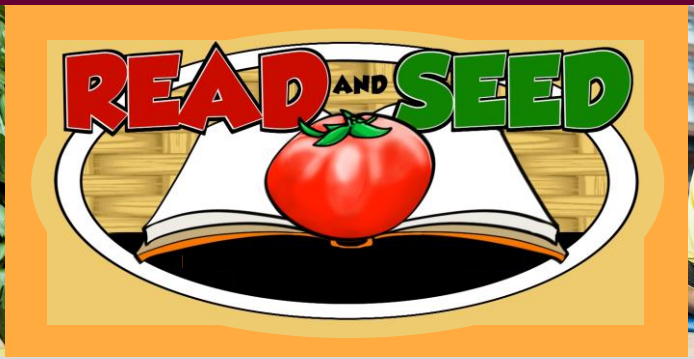

Meal Planning

Save Time, Money and Stress!

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Today's Plan!

- Garden Update
- Meal Planning
- Recipe: Overnight Oats
- How To: Back Row and Overhead Extension

READ AND SEED HEALTH LITERACY COURSE

Renata's Garden!

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Review - Vocabulary Matching

Budget

Retail Price

Price Per Unit

Dice

Meal Plan

To cut (food) into small pieces.

How much an item costs per pound, ounce, quart, etc.

A strategy used to map out what you're going to eat for a certain period of time.

The price you pay for each item.

Your income and spending for a set amount of time.

Vocabulary

- Inventory - To make a complete list of.
- Staple Food - A food that is eaten often and a basic part of the diet for a given family.
- Whole Grains - Contains the whole part of the seed. Better source of fiber and other nutrients than refined grains.
- Balanced Meal - Contains at least three different food groups.
- Impulse Buy - Unplanned decision to purchase something in the moment.

Why Meal Planning Works

Meal Planning is the solution to wasteful spending!

- Less stress
- Balanced meals
- More eating at home
- Less waste

The Basics- 5 Simple Steps

- Inventory what you “have on hand”
- Identify what you need to use
- Check the sales
- Make a general plan
- Make your grocery list

Step 1: Inventory what you have on hand

Reusable list

Printed list

Handwritten list

Phone app

Step 2 - Identify what you need to use

- Foods that will be going bad soon
- Foods that you have a lot of

Step 3 - Check the sales!

- Look at advertisements and loyalty programs
- Decide what meals you can make using sale items
- Use coupons

Coupons: Explained

1. **Manufacturer's coupon:** This means the coupon can be used anywhere the product is sold.
   Some coupons are created by certain stores. If it is a store coupon, this section of the coupon will have the store's name instead. Then you can only use the coupon for product at the store listed.
2. **Expiration Date:** The coupon must be used on or before the date listed.
3. **Coupon's Value:** The information in this section tells you how much the coupon will save you or its value.
4. **Description of the value:** This part explains what you must buy in order to benefit from the coupon's value.
5. **The fine print:** Usually this part includes information for the store.. Sometimes there is extra information in this space that states some items are not included.

Step 4: Make a General Plan

Step 5: Make your grocery list

Making a grocery list will help you...

- Get in and out of the store quickly
- Stick to your food plan
- Stick to your budget
- Stretch your food dollars
- Avoid impulse buying and buying food you already have

Recipe: Overnight Oats - Banana Cranberry

Ingredients

- 2 C. Oats (Rolled or Steel-Cut)
- 2 C. Milk
- 2 Ripe Bananas, diced
- ½ C Dried Cranberries
- 1 tsp Cinnamon

Step 1 - Dice up banana, measure out other fruit

Step 2 -
Mix all
ingredients together

Step 3 - Cover and Refrigerate Overnight**

Serve cold or warm!

** Or at least 2 hours.

Core: Back Row

GREAT FOR:
Lower back

- Stand with your feet together and your back at a 90 degree angle
- Start with your arms down, and pull them towards your chest. Keep your back stable
- Repeat for 3 sets of 8-12 reps.

Accessory: Overhead Extension

GREAT FOR:
Tricep

- Stand with your feet slightly apart and your arms together over your head
- Without moving your upper arms, lower the weight behind your head
- Press the weight back up and stop before you reach the top
- Repeat for 3 sets of 8-12

Review - Vocabulary Matching

Inventory

Whole Grain

Balanced Meal

Impulse Buy

Staple Food

Contains the whole part of the seed. Better source of fiber and other nutrients than refined grains.

Unplanned decision to purchase something in the moment.

A food that is eaten often and a basic part of the diet for a given family.

To make a complete list of.

Contains at least three different food groups.

READ AND SEED

Health Literacy Course

QUESTIONS?

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