

SESSION 8: Shop and Cook to Manage Your Weight



Welcome and Review (10 minutes)

SAY: Welcome back, everyone! Today, we are going to talk about healthy shopping and cooking.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

DO: Briefly summarize previous session.

DISCUSS: What questions do you have about our last session?

SAY: Let's talk about how things went with the action plan you made last time.

DISCUSS: What went well? What didn't go so well?

SAY: Now let's talk about how things went with the other things you tried at home.

DISCUSS: What went well? What didn't go so well?

Objectives (2 minutes)

SAY: Healthy shopping and cooking can help you manage your weight. Today, we will talk about:

- Healthy food
- How to shop for healthy food
- How to cook healthy food

Finally, you will make a new action plan.

Healthy Food: A Review (8 minutes)

SAY: In order to shop and cook healthy, you need to know which items are healthy. Let's do a quick review.

ASK: Which items should you choose?

ANSWER: Choose items that are:

- Low in calories, fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein

ASK: And which items should you limit?

ANSWER: Limit items that are:

- High in calories, fat, and sugar
- Low in fiber and water
- Low in vitamins, minerals, and protein

SAY: Now let's review what a healthy plate looks like.

ASK: Which food group takes up half of your plate?

ANSWER: Non-starchy veggies

ASK: Which food group takes up a quarter of your plate?

ANSWER: Grains and starchy foods

ASK: And which food group takes up the last quarter of your plate?

ANSWER: Protein foods

SAY: Remember—you can also have:

- A small amount of dairy foods
- A small amount of fruit
- A drink that has low or no calories

SAY: Now that we've reviewed healthy food, we'll talk about how to shop for healthy food. Let's look at an example. Please turn to "Jerry's Story" in this module's handouts.

DO: Read (or ask a volunteer to read) the story.

SAY: You can shop for healthy food without spending a lot of time or money. To get the most from your shopping trip, it's a good idea to prepare even before you get to the grocery store.

DISCUSS: What are some steps to take before you shop that can save time and money?

Ways to save time and money before you shop include:

- Find out about sales.
- Gather coupons.
- Find recipes.
- Plan meals and snacks.
- Check your kitchen.
- Make a shopping list.
- Have a healthy snack.

Optional **ACTIVITY**: Use Sale Fliers

DO: Pass out sale fliers from local grocery stores. Ask participants to circle healthy items that are on sale.

DISCUSS: Which items did you circle? Why?

How to Shop for Healthy Food:

SAY: OK. Let's say you've prepared for your shopping trip. You're at the store with your shopping list and coupons.

DISCUSS: What are some steps to take while you shop that can save time and money?

Ways to save time and money while you shop include:

- Look for the lowest unit price.
- Use food labels.
- Stick to your list.
- Choose family packs.
- Avoid prepared meals.
- Buy items on sale.
- Consider shopping online and picking up from the grocery store rather than going in yourself.

How to Cook Healthy Food:

SAY: We've discussed how to shop for healthy food. Now let's talk about how to cook healthy food. You can cook healthy food that you enjoy without spending a lot of time.

DISCUSS: What are some ways to save time when you cook healthy food?

Ways to save time when you cook include:

- Clean as you cook.
- Cook large batches.
- Cut up veggies or fruit in advance.
- Use a slow cooker.
- Use leftovers.

DISCUSS: And what are some ways to make healthy food that you enjoy?

Ways to make healthy food that you enjoy include:

- Change your favorite dishes.
- Choose good quality items.
- Grill or roast veggies and meat.
- Learn healthy cooking methods.
- Try new cooking styles and ingredients.

DISCUSS: What are some ways to cook with less fat?

Ways to cook with less fat include:

- Coat pans with healthy cooking spray.
- Simmer in water or stock.
- Steam or microwave.
- Use nonstick cookware

Optional ACTIVITY:

Take a field trip outside of session time. Practice healthy shopping and cooking with the group. You can even do a cooking demo!

Setting goals: Plan for Success (10 minutes)

SAY: Please turn to your Action Plan Journal.

Review the concept of SMART goals (only if needed).

SMART goals are: Specific, Measurable, Achievable, Relevant, Time-bound

For increasing your improving your diet/ decreasing energy intake and physical activity over time, think about a goal you can work on between now and our next session. We also recommend you set a self-care or stress management goal using the SMART goal framework. This week, you could use something related to shopping or cooking as part of your SMART goals.

Decide:

Specific: What will you do and where will you do it

Measurable: How will you know that you met your goal

Achievable: Is this something you can do between now and the next session

Relevant: Does this relate to your overall goals

Time-bound: When, how long and how often will you do it

Give people about 5 minutes to think about and write down SMART goals for diet, physical activity, and stress management/self-care.

ASK: Does anyone feel comfortable sharing one of their SMART goals? Then identify each component of SMART or encourage additional editing if components are missing (i.e. if the person says "I will walk three times this week" encourage them to add the where and how long to this to make it more specific and time-bound.

SAY: Please look at "My Meals and Snacks" in this session's handouts.

- Between now and our next session, use this handout to plan one week of healthy meals and snacks.
- You can use "Jerry's Meals and Snacks" for ideas and also complete "My Shopping List".
- Make a list of the items you need for the meals and snacks you planned. You can use "Jerry's Shopping List" for ideas.
- Then use your shopping list to go shopping. You can use "Healthy Shopping Tips" for ideas.
- Finally, cook the meals and snacks you planned. You can use "Healthy Cooking Tips" for ideas.

DO: Answer questions as needed.

SAY: We have come to the end of our meeting. Today, we discussed how healthy shopping and cooking can help you manage your weight. We talked about:

- Healthy food
- How to shop for healthy food
- How to cook healthy food

DISCUSS: Do you have questions about anything we talked about today?

SAY: Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about _____.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.