



How to use these slides – “read the notes in quotation marks”, **the notes in bold are actions facilitators should take**, and *italicized notes are suggestions to make your session as accessible and inclusive as possible!*

- For use with in-person mock grocery store tour or virtual webinar.
- “Do you ever feel overwhelmed when you grocery shop? You’re not alone. Take a grocery store tour to learn how to make heart-healthy and budget-friendly food choices for your family. During the guided tour, you will compare fresh, frozen and canned fruits and vegetables; understand pricing; and learn how to interpret in-store signage and much more.”
- Supplemental resources:
  - “5 Easy Ways to Find Healthier Options at the Grocery Store”
    - <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/shopping/5-easy-ways-to-find-healthier-options-at-the-grocery-store>
  - “Grocery Shopping Without a Car”
    - <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/shopping/grocery-shopping-without-a-car>

**These slides were created by the  
Kentucky Inclusive Health Collaborative at the  
University of Kentucky Human Development  
Institute in collaboration with Aramark and the  
American Heart Association as part of the  
Healthy for Life® Initiative.**



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## Agenda

- Introduction
- Shop Smart Throughout the Grocery Store
- What is a Unit Price?
- Healthy Shopping Tips
- Grocery Store Tour
- Big Green Monster Smoothie Recipe
- Goal Setting



- **Welcome participants and allow all facilitators to introduce themselves. You should also take care of any housekeeping items (closest bathroom, water fountain, etc.) at this time. Give a brief description of today's educational experience (objectives on next slide)**
- *To go above and beyond, you can create a schedule breakdown with time stamps and pictures. It is helpful to hang copies of the schedule in the learning space. This helps you keep on track and helps participants know what to expect. For example:*
  - *1:00-1:10 Introduction*
  - *1:10-1:20 Demonstrate Content (i.e. Shop Smart, Unit Price, Shopping Tips)*
  - *1:20-1:40 Activity (i.e. Smoothie)*
  - *1:40-1:50 Recap/ Handout Review*
    - *If needed, 1:40-1:45 Break*
  - *1:50-2:10 Goal Setting*

## Learning Objectives

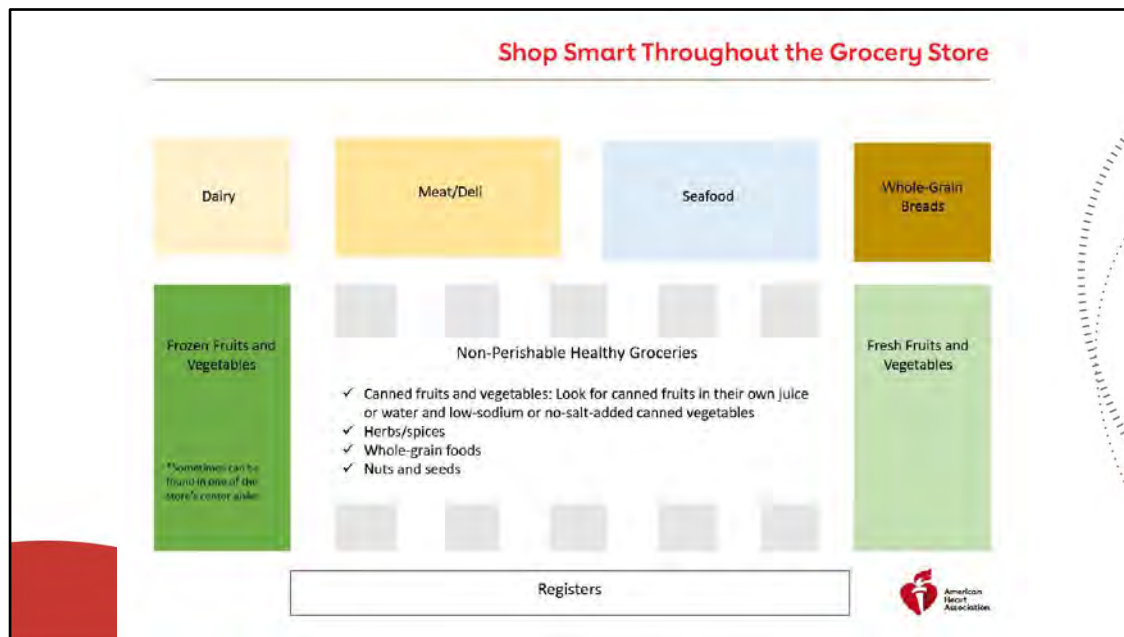
- Describe at least two tips for heart-healthy grocery shopping.
- Understand when to choose fresh, frozen or canned fruits and vegetables as you shop for cost-effective meals.
- Learn how to compare unit prices.



- **Explain the expected outcomes**

# Ice Breaker

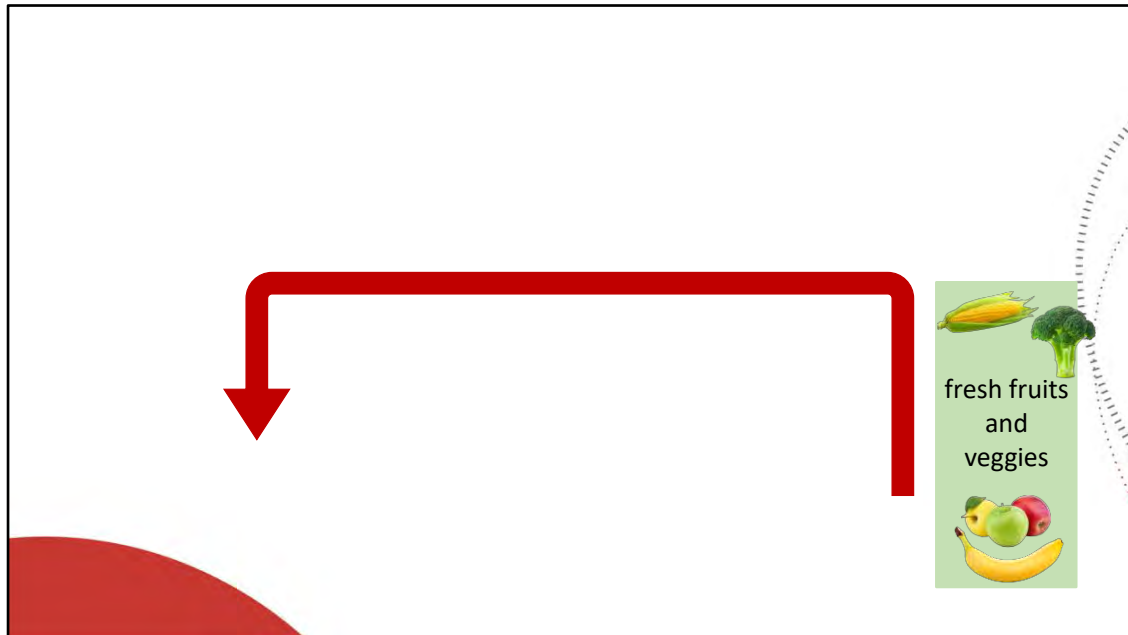
- **Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the Welcome Toolkit or choose your own!**
  - <https://www.heart.org/-/media/files/healthy-living/company-collaboration/welcome-toolkit.pdf>
- *When choosing an ice breaker, the activity should allow multiple ways to participate and be included.*
- *Allow individuals to write/draw/verbally communicate their responses.*
- *For example, an activity that requires lots of physical movement might not be inclusive for people with physical disabilities.*



- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along. The next set of slides supplement this handout.
- **Ensure everyone has the “Shop Smart Throughout the Grocery Store” and “What is a Unit Price?” handouts before the demonstration so participants can follow along.**
  - *“Shop Smart Throughout the Grocery Store” on page 11 of the Smart, Fearless Shopper lesson plan*
  - *“What is a Unit Price?” on page 12 of the Smart, Fearless Shopper lesson plan*

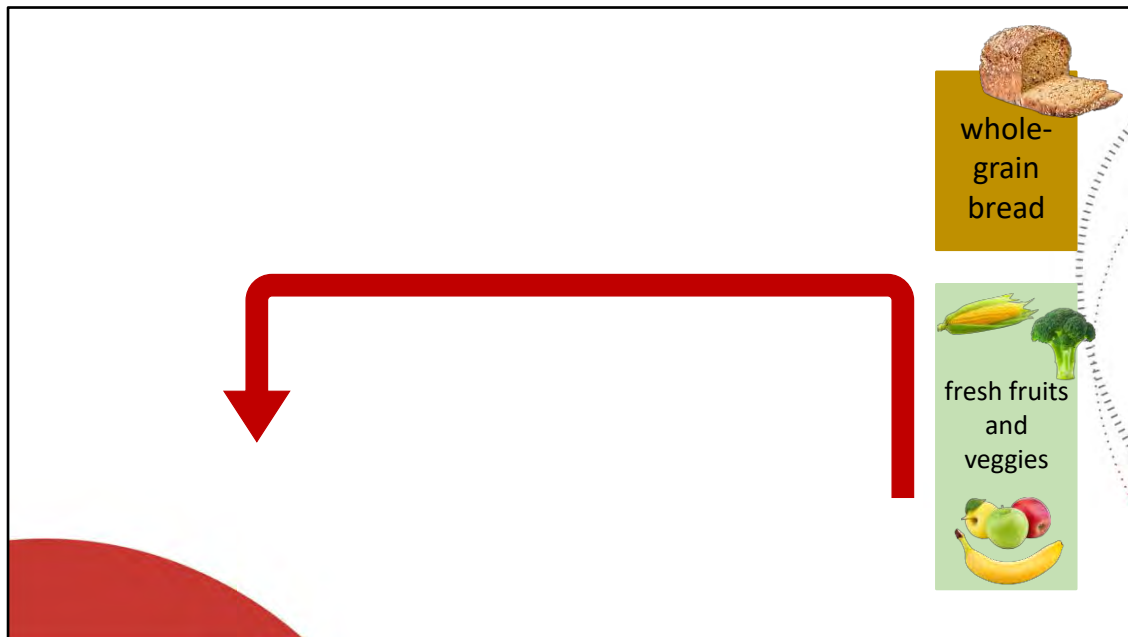


- **Play video for Shopping the Perimeter (0:51)**
  - [https://www.youtube.com/watch?v=E6lby0i\\_C8c](https://www.youtube.com/watch?v=E6lby0i_C8c)
  - *Ensure that closed captioning is on for the video as it plays.*
- This video takes you on a guided tour through a grocery store. They will learn how to shop the perimeter and focus their food selections in the produce, dairy, and deli departments.

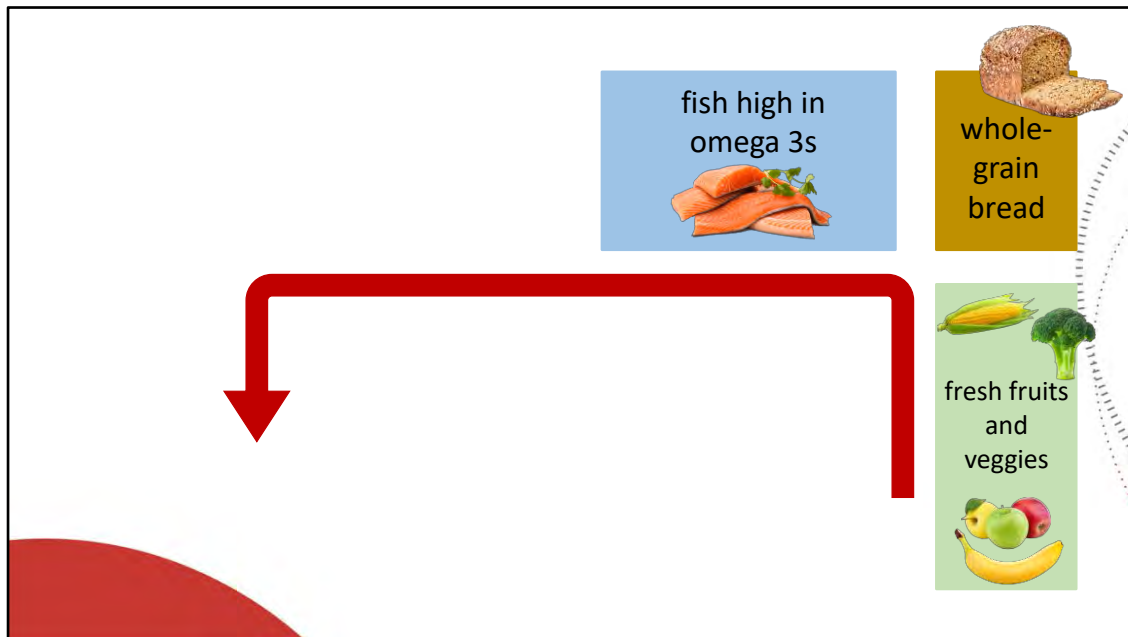


- **As you read each sentence, click the slide and the corresponding grocery section and text will appear.**
- “When you are planning your next trip to the grocery store, try to remember this key phrase: shop smart.
- To shop smart, focus your shopping where healthy foods are usually located.
- Fresh fruits and vegetables are a great starting point when you arrive at the grocery store.”

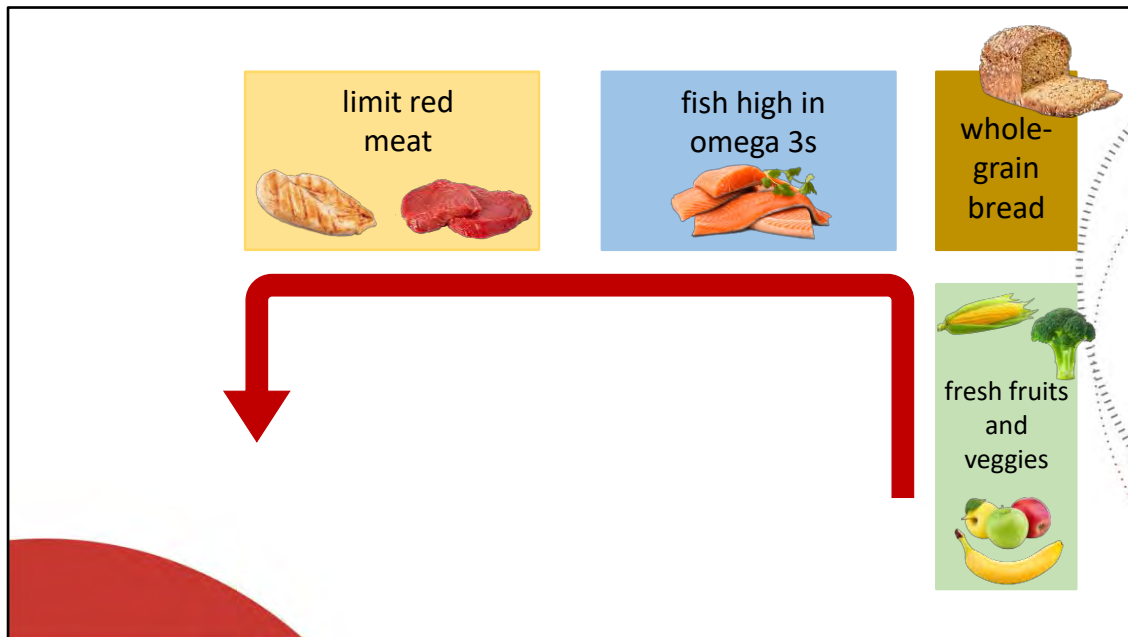




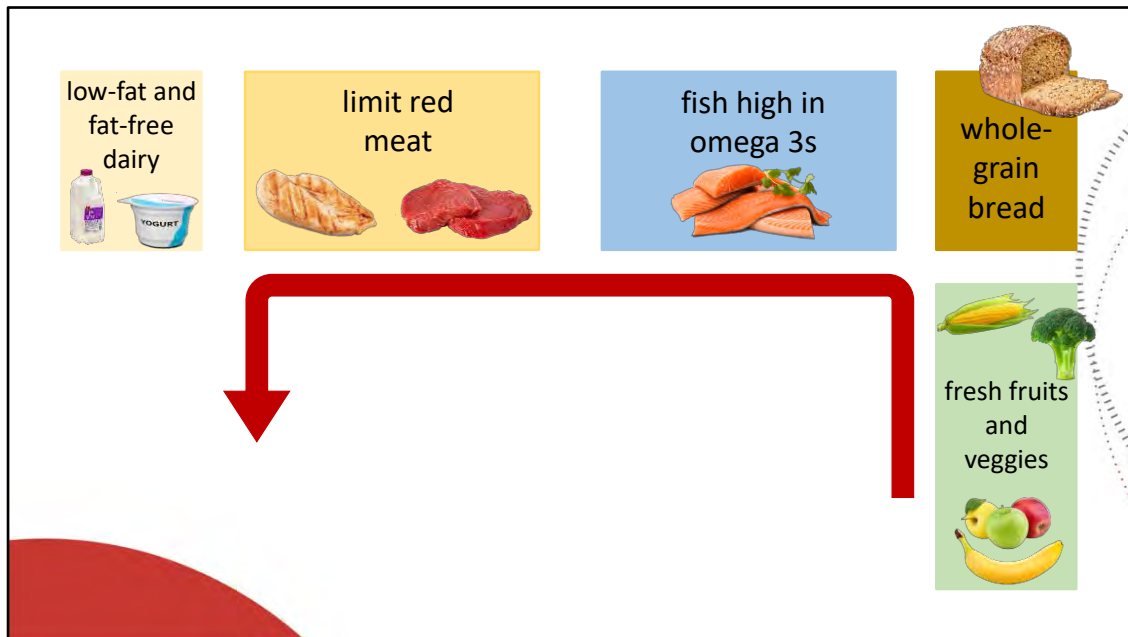
- **As you read each sentence, click the slide and the corresponding grocery section and text will appear.**
- “Next, look for whole-grain breads.”



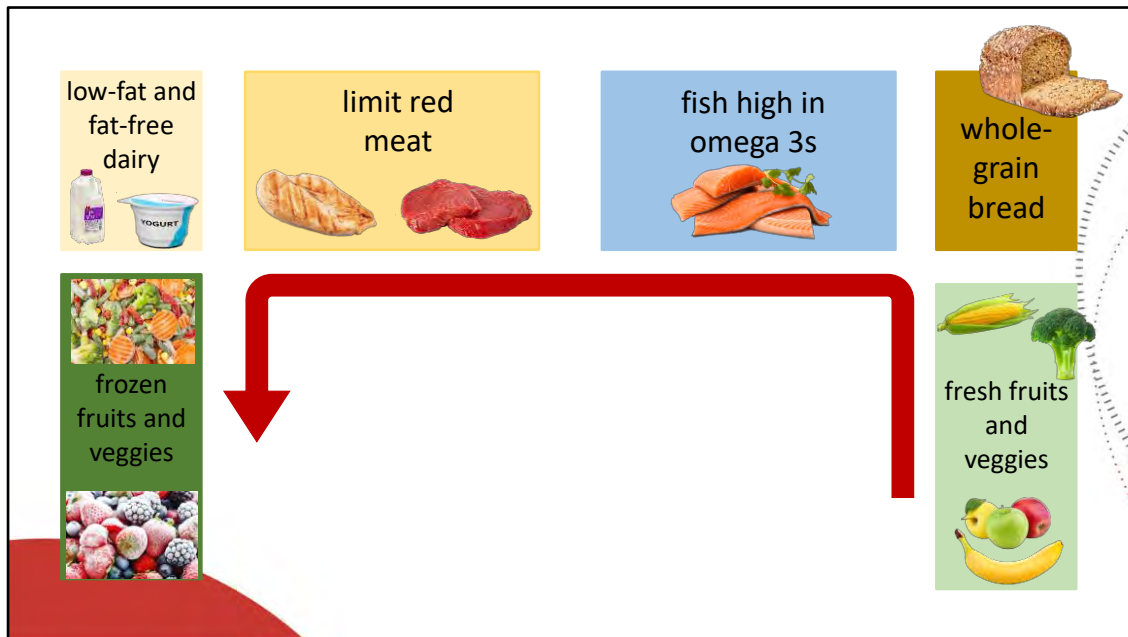
- **As you read each sentence, click the slide and the corresponding grocery section and text will appear.**
- **In the seafood section, choose non-breaded fish fillets, especially fish that's high in omega 3s, including salmon, tuna, trout and herring."**



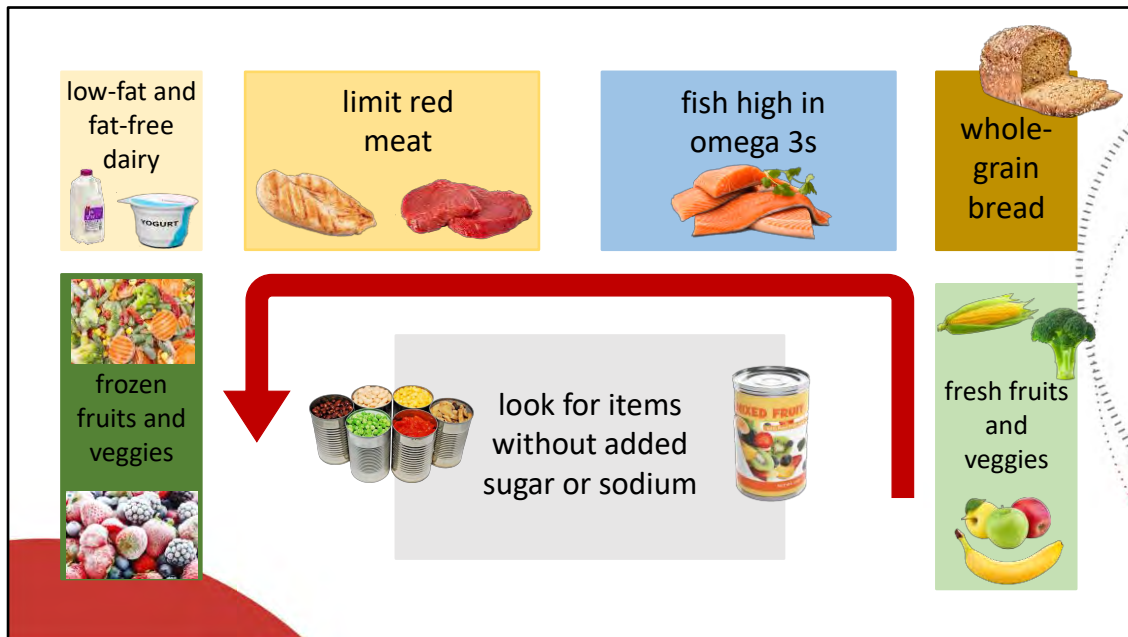
- **As you read each sentence, click the slide and the corresponding grocery section and text will appear.**
- “In the meat/deli section, remember to limit your purchases of red meats and processed red meats.”



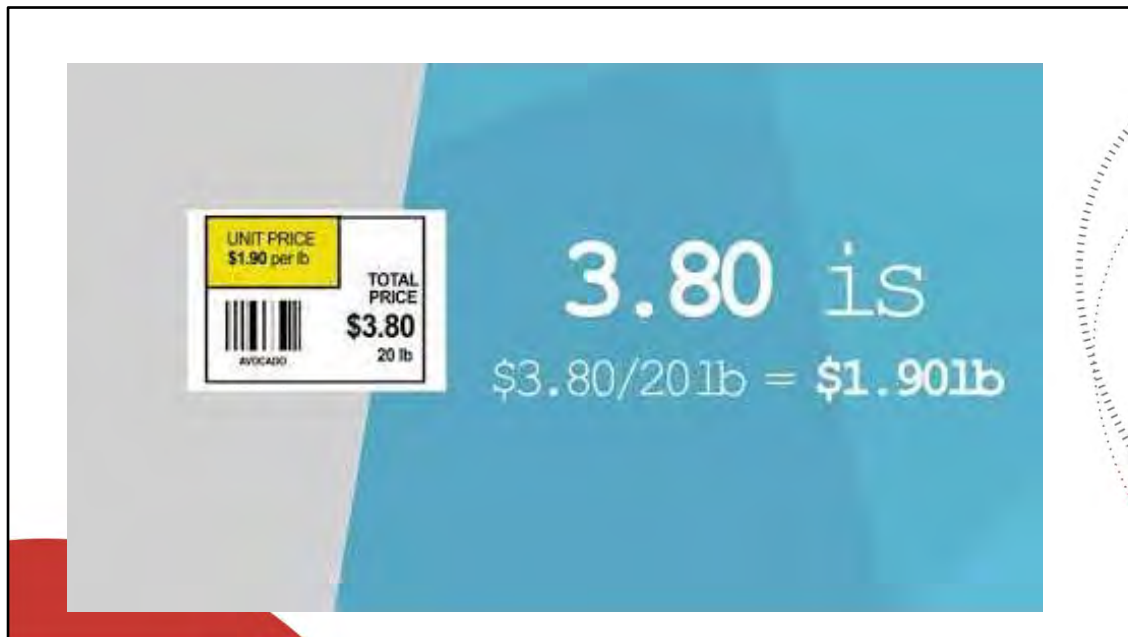
- **As you read each sentence, click the slide and the corresponding grocery section and text will appear.**
- “In the dairy area, look for low-fat and fat-free products.”



- **As you read each sentence, click the slide and the corresponding grocery section and text will appear.**
- “Also, check out the store’s selection of frozen fruits and vegetables. We’ll talk more about all types of fruits and vegetables in a minute.”



- **As you read each sentence, click the slide and the corresponding grocery section and text will appear.**
- “In the middle aisles, you can still find some healthy items, such as canned fruits and vegetables (without added sugar or sodium), whole-grain foods, nuts and seeds and herbs and spices. Choose carefully in the middle aisles. There are many less healthy non-perishable items there. It’s wise to spend the bulk of your time on the perimeter of the store.”



- **Play video for Shop Smarter for Prices (1:12)**
  - <https://www.youtube.com/watch?v=OObLnHy86lc>
  - *Ensure that closed captioning is on for the video as it plays.*
- This video discusses unit prices and serving sizes when comparing food products in the store to determine the most affordable, health options. Highlighting the ease of budgeting and purchasing ingredients for healthy meals.



## What is a Unit Price?



### WHICH FAT-FREE CHEESE IS ACTUALLY LESS EXPENSIVE?

It may look like the 10 oz. fat-free cheese is less expensive because its retail price is less. But with a closer look at the unit prices, you'll see the 20 oz. fat-free cheese is \$0.04 cheaper per ounce than the 10 oz. fat-free cheese, making it a better buy.

10 Oz. Fat-Free Cheese		20 Oz. Fat-Free Cheese	
UNIT PRICE \$0.18 per oz.	RETAIL PRICE \$1.75	UNIT PRICE \$0.14 per oz.	RETAIL PRICE \$2.85

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- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
- **Hold up the What is a Unit Price? handout and invite participants to look at it while you present.**
  - *“What is a Unit Price?” on page 12 of the Smart, Fearless Shopper lesson plan.*

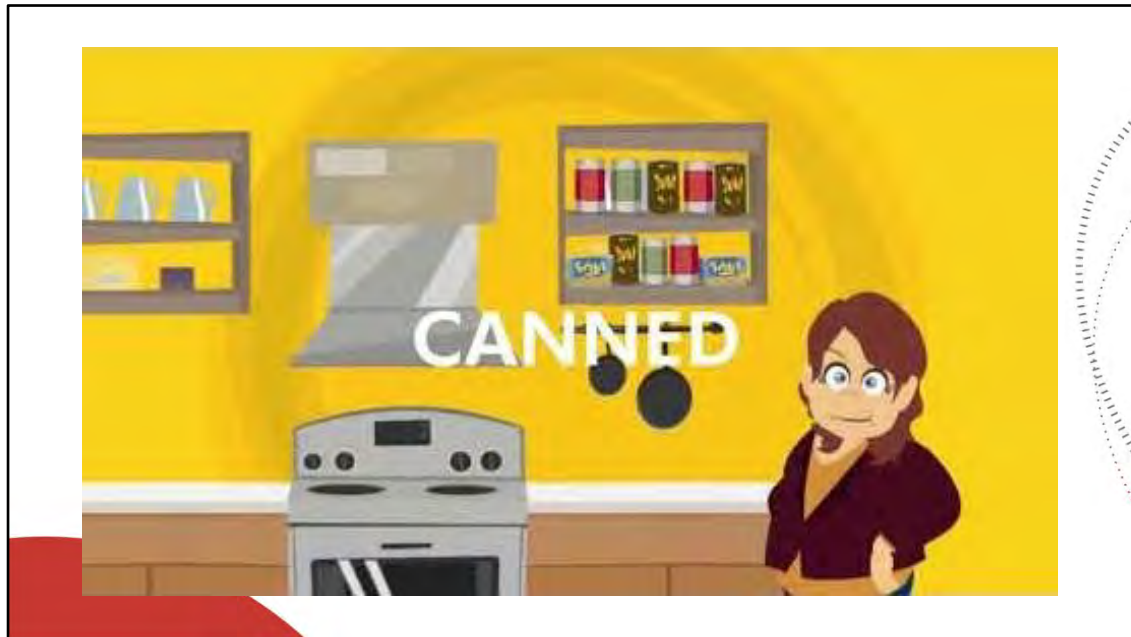


## What Is A Unit Price?

- Compare items with **unit prices**
- Look at **price per unit**  
= total price ÷ number of ounces
- Locate **nutrition labels** and look at **serving size**



- “If you are traveling to the middle aisles, remember to locate the unit prices when comparing two healthy options.
- For example, if you are deciding which whole-grain loaf of bread to purchase, you can look at their prices and look for the price per ounce. If this number isn’t provided for you, you can always calculate it yourself by finding the number of ounces in the package and dividing the total price of the item by the number of ounces.
- It’s also a smart habit to locate the Nutrition Facts label and look at the serving sizes to determine how many in your family that food can serve. Budgeting and purchasing ingredients for healthy meals can be easy when you’re equipped with the right tools!”



- **Play video for Fresh, Frozen vs Canned (0:55)**
  - <https://www.youtube.com/watch?v=9ZjRprFhNg0>
  - *Ensure that closed captioning is on for the video as it plays.*
- This video guides you through a grocery store teaching them how to choose healthy, budget-friendly solutions for purchasing produce. They will learn when its best to purchase frozen, fresh or canned.

## Healthy Shopping Tips: Fruits and Vegetables

They can be fresh, frozen, or canned

### Daily Goal:

4 servings (2 cups) of fruit

- 1 serving = baseball

5 servings (2½ cups) of vegetables

- 1 serving = small fist



- “Now, let’s talk more about produce. You should aim for 4 servings or 2 cups of fruit per day and 5 servings or 2½ cups of vegetables per day. The good news is that canned and frozen varieties are equally as healthy as fresh produce and they all count towards your daily goals.”

## Canned

- Longer shelf-life
- Watch for added sodium and sugar
  - Sodium is added to preserve
  - Choose fruit canned in juice or water



Total Fat	1.5g
Saturated Fat	5.2g
Trans Fat	0g
Cholesterol	10mg
<b>Sodium</b>	<b>460mg</b>
Total Carbohydrate	34g



- “Canned fruits and vegetables are convenient to have in your pantry when you can’t get to the store; they can even be kept at work (with a can opener) for an afternoon snack. You can store canned fruits and vegetables and use them at your convenience. You don’t have to worry about using them promptly as you do with fresh produce, which can spoil.
- Watch for sodium: Sodium is usually added to canned foods to preserve them. Look on the can labels to identify no-salt-added or low-sodium vegetables. Compare the sodium content on the Nutrition Facts label and choose the product with the lowest amount. Rinse and drain canned veggies to get rid of even more sodium.
- Watch for added sugar: Look for fruit that’s canned in water, its own juice, or light syrup (rinse and drain). “

## Canned

### Delicious Uses:

- Rinse and drain vegetables and add a low sodium chicken broth to make vegetable soup
- Mash beans to make a dip
- Served canned fruit as dessert with no-sugar added yogurt



- “Delicious uses:
  - Add rinsed and drained cans of corn, tomatoes and pinto beans or any other vegetable to fat-free, low-sodium chicken broth for a super-fast and filling vegetable soup.
  - Use a blender, food processor or a fork to mash rinsed and drained chickpeas, Great Northern beans, or your favorite beans into a bean dip for baby carrots; add a little lemon juice and garlic powder for some zip.
  - Serve canned fruit as a dessert topped with low-fat, no-sugar-added yogurt; or top whole-grain cereal with canned fruit.”

## Frozen

- Last longer for months in the freezer
- Can cost less than fresh produce
- Pay attention to added sugar and sodium



- “Frozen fruits and vegetables are picked at the peak of ripeness and then flash frozen to preserve optimal nutrition. They last for several months in the freezer and can be a very economical choice.
- Watch for sodium: Compare the sodium content on the Nutrition Facts label and choose the product with the lowest amount. Sauces and seasonings can contain excess salt and add calories.
- Watch for added sugar: Choose 100% frozen fruits without added sugars.”

## Frozen

### Delicious Uses:

- Boil pasta and add frozen veggies
- Blend frozen fruit & low-fat yogurt to make a smoothie
- Mix thawed berries into oatmeal



- “Delicious uses:
  - When you boil pasta, throw in some frozen veggies at the end of the cooking time for added nutrients and variety.
  - Whip up a smoothie of unsweetened frozen fruit and fat-free or low-fat milk and yogurt.
  - Thaw frozen berries and stir them into muffin or quick bread batter or even your morning oatmeal. “

## Fresh

- Easy to grab like bananas or carrots
- Look for seasonal choices



- “Fresh fruits and vegetables are easy, portable choices. Whenever you leave the house, get into the habit of stashing a fresh snack in your purse or backpack; think: apple, orange, banana, grapes or baby carrots. These snacks will keep you energized and help you avoid less-healthy snacks at the vending machines.
- Look for seasonal choices. Your heart-healthy recipes will taste even better with produce that’s in season.”



## Fresh

### Delicious Uses:

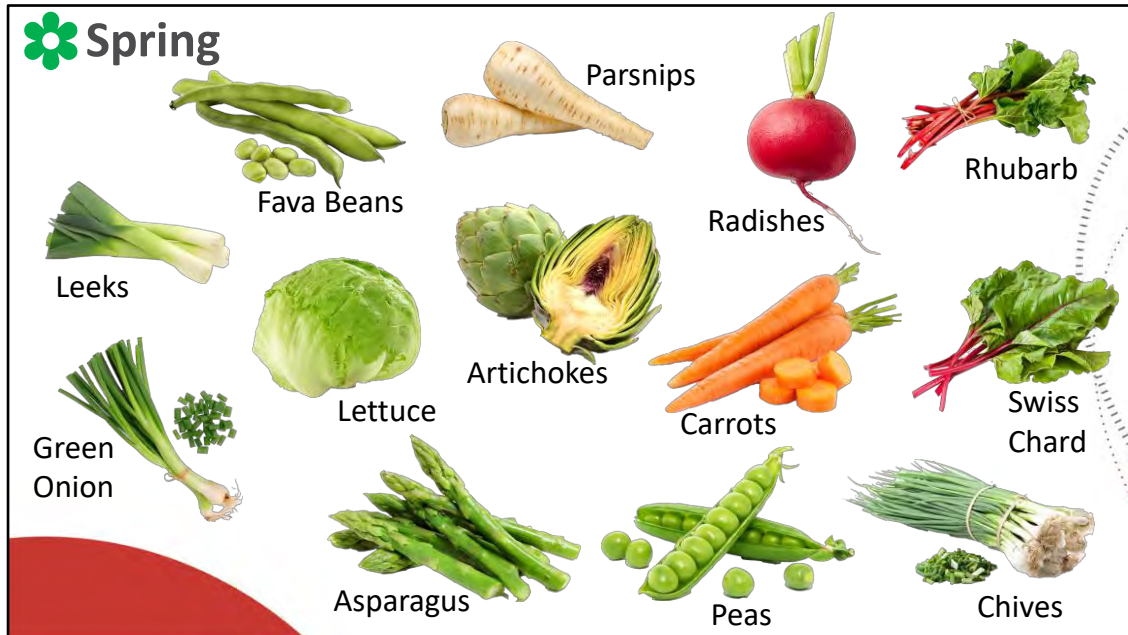
- Top sandwiches with vegetables
- Cut up vegetables and eat with a healthy dip
- Make a fruit salad
- Add to sauces, soups, and smoothies



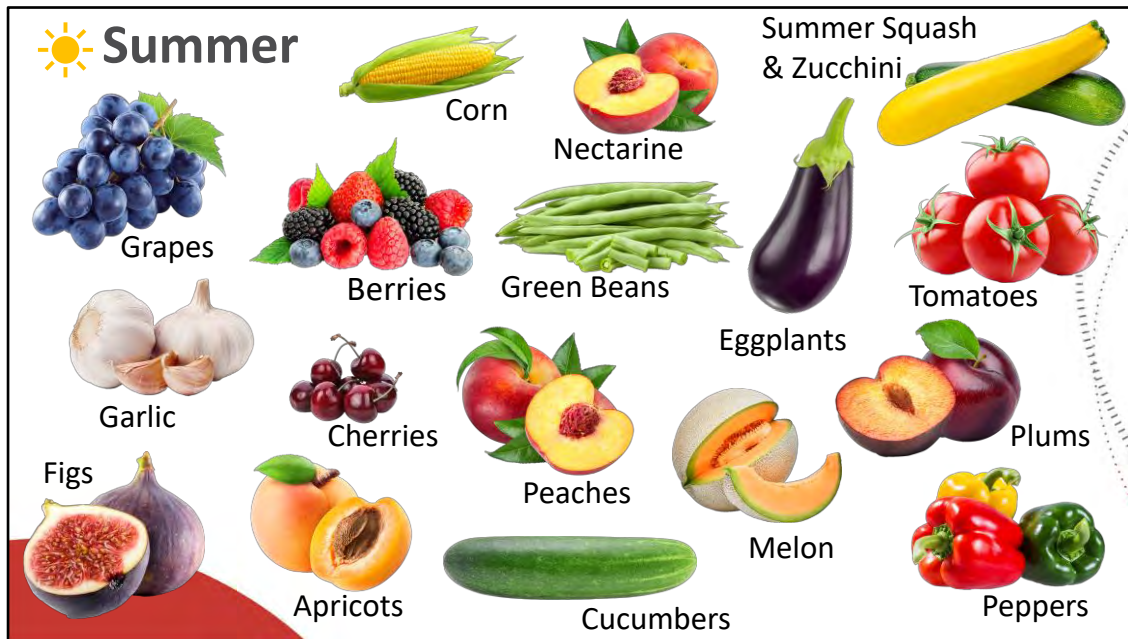
- “Delicious uses:
  - Always top sandwiches with extra vegetables.
  - Serve cut-up veggies with hummus or a “light” dip for a healthy snack.
  - Serve a colorful fruit salad for dessert.
  - Add pureed fruits and veggies to sauces, smoothies, soups and more for a boost of flavor and nutrients.”



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- **Divide participants into teams and pass out the “Seasons of Eating” handout and the “Big Green Monster Smoothie” recipe.**
  - *If virtual, use breakout rooms*
  - “Seasons of Eating” on page 10 of the Smart, Fearless Shopper lesson plan.
    - <https://www.heart.org/en/healthy-living/healthy-eating/add-color/seasons-of-eating-infographic>
  - “Big Green Monster Smoothie”
    - <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/big-green-monster-smoothie.pdf?la=en>



- *Supplemental slide for Seasons of Eating handout*



- *Supplemental slide for Seasons of Eating handout*

 Fall



Butternut Squash



Brussel Sprouts



Acorn Squash



Pumpkins



Pears



Sweet Potatoes

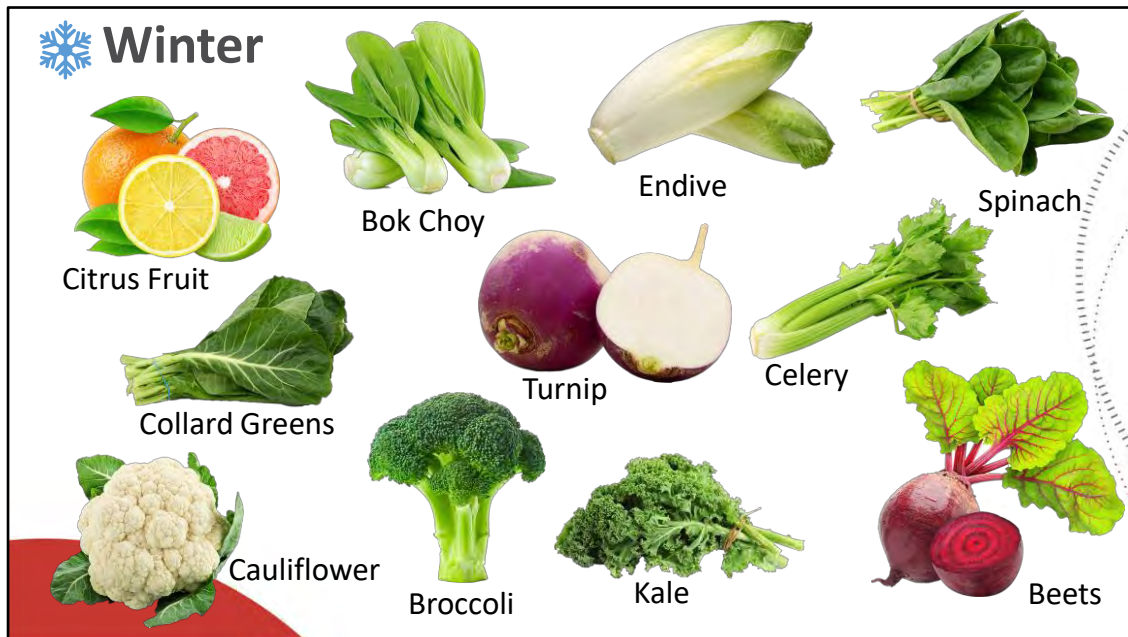


Spaghetti Squash



Apples

- *Supplemental slide for Seasons of Eating handout*



- *Supplemental slide for Seasons of Eating handout*

## Tips For Buying Seasonal Produce



1. Less expensive during harvest season
2. Visit the farmers' market
3. Gardening gives you fresh produce and encourages physical activity
4. Frozen, canned, and dried fruits and vegetables are healthy options
5. Choose canned fruit packed in water or juice
6. Choose low-sodium and low-fat canned and frozen vegetables
7. Freeze fresh produce when it is in season

- *Supplemental slide for Seasons of Eating handout*

# What fruits and vegetables are in season?

- “Who can tell me which fruits and vegetables are in season right now?”
- **Invite responses.**



# What if your favorite fruits and vegetables are not in season?

- “If your favorite fruit and vegetables are not in season, what are your options?”
- **Invite responses**

**Big Green Monster Smoothie**  
 Makes 6 servings; 1 cup per serving  
 Per serving: 53 Calories; 0.0 g Saturated Fat; 30 mg Sodium

**Ingredients**

- 1 cup fat free or low-fat milk or non-dairy alternative
- 1 cup ice cubes
- 1 green apple
- 1/4 large cucumber
- 1 kiwifruit
- 1-2 handfuls spinach (washed and dried)
- 2 tablespoons fresh lemon juice
- 2 teaspoons honey

**Tools Needed**

- Measuring cups & spoons
- Vegetable peeler
- Blender
- Cutting board
- Knife
- Glass and straw
- Apple slicer (optional)

**Directions**

- Using a cutting board and knife, cut apple and remove the core. Cut into chunks. (optional tool)
- Using a vegetable peeler, peel cucumber and kiwi fruit and cut into chunks.
- Cut lemon in half and squeeze out 2 tablespoons of juice.
- Add all ingredients into the blender.
- Pulse blender until completely blended and your smoothie is as thick as you want it.
- Pour into glasses and serve immediately.

Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky's Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.  
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- *Handout: “Big Green Monster Smoothie” on page 9 of the Smart, Fearless Shopper lesson plan.*
  - <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/big-green-monster-smoothie.pdf?la=en>

# Are any of the smoothie ingredients in season?

- “For the Big Green Monster Smoothie recipe, are any of the produce ingredients in season?”
- **Invite responses.**
- **Provide response (depending on the season).**

# Big Green Monster Smoothie



- If in-person:
- *Recipes might need to be adapted based on ingredient availability and dietary restrictions.*
- **Invite participants to find their ingredients in the mock grocery store and return to their stations to make the smoothie. Also, ask them to collect their cooking utensils from the demo station.**
- **Remind participants to share the following ingredients with one another: spinach, cucumber, lemon juice, milk, honey and ice cubes.**
  - “Once everyone has finished making the recipe, divide it into tasting cups and share with your team.”
- If virtual: **Return to slide 14 and ask participants to identify where they would find each ingredient at the grocery store.**

**Sample Grocery List**

This sample grocery list can help you make healthier choices when you shop. Add the quantity you need next to each item, and check if you have a coupon. Planning ahead will help you save time and money! Remember to compare labels and choose products with the lowest amount of sodium, added sugars and saturated fat and no trans fat that you can find in your store.

Item	Quantity	Coupon
<b>Fresh Vegetables</b>		
Asparagus		
Broccoli		
Carrots		
Cauliflower		
Celery		
Corn		
Cucumbers		
Lettuce/Greens		
Onions		
Peppers		
Potatoes		
Spinach		
Squash		
Sweet potatoes		
Tomatoes		
Zucchini		
<b>Fresh Fruits</b>		
Apples		
Avocados		
Bananas		
Berries		
Cherries		
Grapefruit		
Grapes		
Kiwis		
Lemons/Limes		
Melon		
Oranges		
Peaches		
Pears		
Plums		
<b>Canned/Dry Beans</b>		
Black beans		
Chickpeas		
Kidney beans		
Lima beans		
Pinto beans		
White beans		
<b>Frozen Vegetables</b>		
Broccoli		
Cauliflower		
Corn		
Green beans		
Mixed vegetables		
Spinach		
<b>Frozen Fruits</b>		
Berries		
Cherries		
Mixed fruit		
Peaches		
<b>Canned Vegetables</b>		
Corn		
Green beans		
Mixed vegetables		
Peas		
Tomatoes		
Tomato paste/sauce		
Yams		
<b>Canned/Jarred/ Dried Fruits</b>		
Apple sauce		
Apricots		
Dates		
Mixed fruit		
Oranges		
Peaches		
Pineapple		
Prunes		
Raisins		

**Sample Grocery List (Continued)**

Item	Quantity	Coupon
<b>Whole Grains</b>		
Bread		
Brown rice		
Cereal		
Couscous		
Oatmeal		
Pasta		
Quinoa		
Tortillas		
<b>Fresh/Frozen Meat &amp; Seafood</b>		
Chicken breasts		
Lean ground beef/turkey		
Lunch meats		
Salmon		
White fish fillets		
<b>Canned/Poached Meat &amp; Seafood</b>		
Chicken		
Salmon		
Tuna		
<b>Pantry Staples</b>		
Nut butters (peanut, almond)		
Nuts (almonds, walnuts)		
Salt		
Soups and broths		
Spaghetti sauce		
<b>Cooking/Baking Essentials</b>		
Extra Virgin Olive Oil		
Flour (whole wheat)		
Non-stick cooking spray		
Vegetable/canola oil		
Vinegars		
<b>Herbs/Spices &amp; Seasonings</b>		
Basil		
Cilantro		
Garlic		
Mint		
Parsley		
Pepper (black, cayenne, red)		
Salt-free seasoning blend		
<b>Dairy (Low-fat/Fat-free)</b>		
Cheese		
Eggs/egg whites		
Milk		
Yogurt		
<b>Cleaning Supplies &amp; Miscellaneous</b>		

Look for the Heart-Check mark to quickly and easily identify foods that can be part of a heart-healthy eating plan.

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Healthy Nutrition | Grocery Shopping | Weekly Meal Plan Made Easy | 8

- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
- *Supplemental handout: “Sample Grocery List” on pages 13 and 14 of the Smart, Fearless Shopper lesson plan.*

**aramark** **WEEKLY MEAL PLAN**

	BREAKFAST	LUNCH	DINNER	SNACK	PHYSICAL ACTIVITY	NOTES
MON						
TUE						
WED						
THU						
FRI						
SAT						
SUN						

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- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
- Weekly Meal Plan: <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/weekly-meal-plan--grocery-list.pdf?la=en>



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- Grocery List (second page): <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/weekly-meal-plan--grocery-list.pdf?la=en>



- **Discuss what a “SMART” goal is.**
  - Specific -- clearly defined
  - Measurable -- able to be measured (numbers!)
  - Attainable -- achievable or within reach
  - Relevant -- appropriate or applicable
  - Time-Based -- given a due date
- *Supplemental video:*
  - *Achieve More by Setting SMART Goals (1:15)-*  
<https://youtu.be/yA53yhiOe04>



## SMART Goal Example

### Goal:

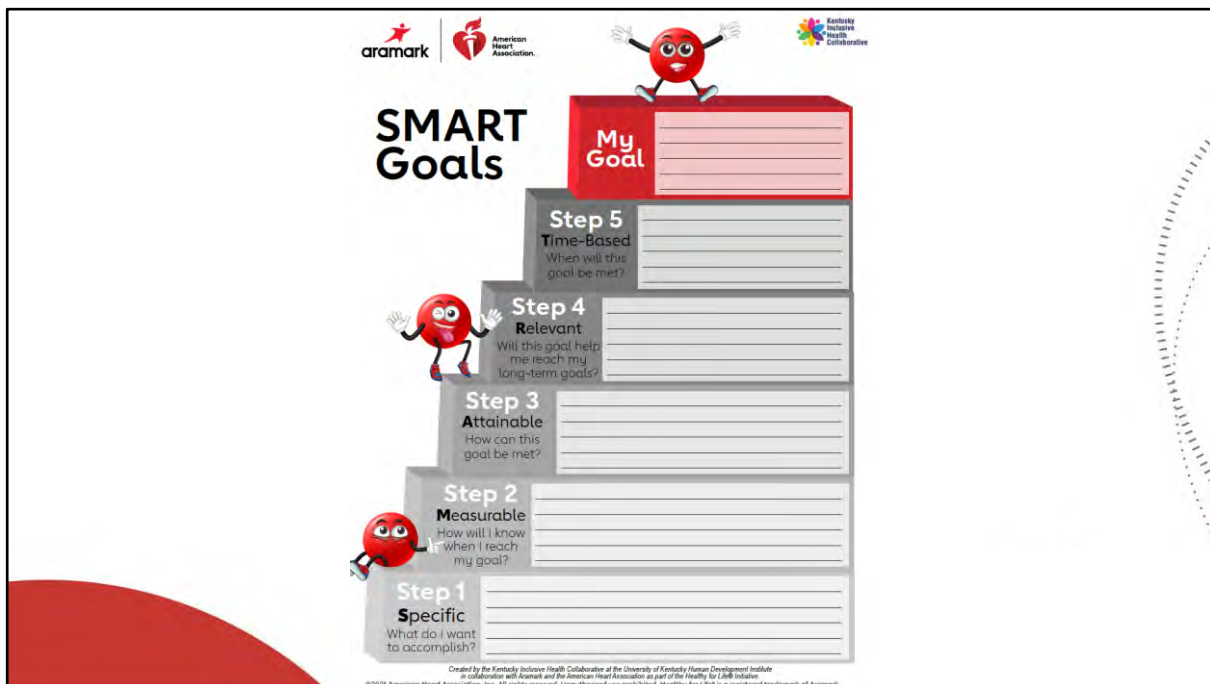
I will be a smart, fearless shopper.

### SMART Goal:

When buying items at the grocery store, I will compare at least two different options and choose the healthiest, cheapest one.



- Engage in a goal setting activity.
- Provide an example of a non-SMART goal.
- Invite the group to discuss how to make it SMART.



- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
- **Pass out “SMART Goal” handout to participants. If time allows, have participants fill out the handout and come up with their own SMART goal.**
  - <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/smartgoals.pdf?la=en>



# Questions?

- **Invite participants to ask questions.**

# Thank You!



- **Thank participants**
- **If applicable, encourage them to join the next activity**
  - **Provide date/time/location if known**