

Weekly Meal Plan Made Easy

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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!*

- “Discover how you can plan a week of healthy meals even with a tight schedule and budget. We will start with healthy recipes and then build our weekly plan and shopping lists while learning how to take advantage of sales and coupons. Meal planning will help you choose fresh, seasonal produce, maintain your pantry and enjoy nutritious meals throughout the week.”
- *Supplemental resources:*
 - *Eat Healthy on a Budget by Planning Ahead*
 - <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/eat-healthy-on-a-budget-by-planning-ahead>
 - *Meal Planning: The High Fiber Factor*
 - <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/meal-planning/meal-planning-the-high-fiber-factor>
 - *Benefits & How To's of Family Dinner*
 - <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/meal-planning/meal-planning-benefits--how-tos-of-family-dinners>

**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
 - Plan Ahead
 - Smart Recipes
 - Boost Your Savings
 - In Store Tips
- Meal Planning Activity
- 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. Plan Ahead, Smart Recipes, Savings Boost, In Store Tips)*
 - *1:20-1:40 Activity (i.e. Meal Planning)*
 - *1:40-1:50 Recap/ Handout Review*
 - *If needed, 1:40-1:45 Break*
 - *1:50-2:10 Goal Setting*

Learning Objectives

- Create a weekly meal plan and grocery list.
- Describe how to plan ahead and what to do while at the grocery store.



- 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.*

Shop Smart And Save

- “Smart shopping on a budget means knowing what to buy and when. Today, you’ll learn how to shop smart and save.”

Plan Ahead

Healthy eating does not need to be expensive

- Create a budget
- Plan a menu
- Shop smart

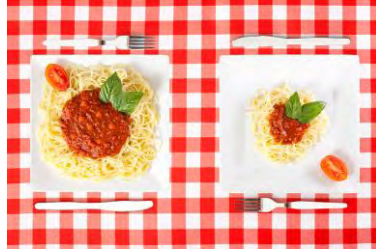


- “The first step is to plan ahead:
- As food prices keep rising, shopping for nutritious food on a budget becomes more challenging. The good news is that healthy eating can actually cost less. By creating a food budget, planning menus and shopping wisely, you can save money and enjoy delicious, nutritious meals!”

When Serving A New Recipe

Cook Once and Eat Twice

1. Double the ingredients to make enough for 2 meals
2. Serve the suggested serving amount for the recipe
3. Freeze leftovers
4. Write down how much was left over for next time



- “When you’re serving a new recipe for the first time:
- Cook once and eat twice. When you’re cooking, try doubling the ingredients to make enough for two meals. Use the recipe’s suggested serving amount (1½ cups per serving, as an example) to divide up the finished dish, so family members eat the right number of calories. Freeze what’s left from what you’ve cooked to use for a future meal. What a great way to save time and money and reduce food waste!
- After you serve a new recipe for the first time, note on the recipe about how much food was left over, if any.”
- *Supplemental resource: “Food Safety – How To Store And How Long To Keep Leftovers”*
 - <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/storing/food-safety---how-to-store-and-how-long-to-keep-leftovers>

Plan Your Meals Weekly

- Know what ingredients you already have
- Find recipes
- Create a detailed grocery list
 - Include amounts
 - Group similar items together
- Save receipts
- Use coupons and look for sales



- “Plan your meals each week and make sure to keep recipes, grocery lists, receipts and coupons in one place to make planning easier.
- Make a shopping list with specific details. Note the quantity needed and which coupons you have. Going to the store without a list often means you're more likely to spend money on impulse buys and waste time wandering.
- Know what you have and inventory your pantry each week. You may find it helpful to organize your list the same way that the grocery store is organized. For example, list all of the fresh produce items together, all of the frozen items together, etc.
- Save receipts. Each week, compare what you've spent to what you budgeted.
- Collect coupons. Finding what is on sale for the week can spark ideas about what to cook. Keep grocery store circulars or ads and check the front of your local grocery store for coupons. Find some way to note the items you have a coupon for. For example, put a star next to them on your list. Then you won't forget to use your coupons.”

Boost Your Savings

- Sign up for rewards
- Explore apps:
 - Virtually “clip” coupons
 - Take photos of coupons
 - Track price changes and coupon expiration dates
 - Share coupons
 - Compare pricing
 - Find nearest grocery store
 - Create a grocery list
 - Scan receipts



- “Boost your savings:
- Sign up for rewards/loyalty memberships at your favorite grocery stores. You’ll automatically receive savings when your card or barcode is scanned at checkout. You’ll get emails about specials and deals, too.
- Be sure to check out the wide variety of apps that can save you money on groceries. Most of them are free! Each is set up differently, but they’re all designed to save you money and time. These apps can:
 - Allow you to virtually “clip” coupons and store them in the app
 - Turn photos of coupons into scannable barcodes you can use at checkout
 - Alert you about price reductions and coupon expiration dates
 - Enable you to share coupons with your family and friends
 - Compare pricing by store for ingredients
 - Direct you to the nearest grocery store with the cheapest price for a given ingredient
 - Create a grocery list from a meal plan or recipe
 - Send you cash back when you scan your receipts”

At The Store...

- Compare prices
- Use coupons
- Buy in bulk
- Buy seasonal fruits and veggies
 - Fresh produce is good for about a week
 - Canned or frozen:
 - can be just as healthy and might cost less
- Pay attention at checkout



- “While you’re at the store:
 - Compare prices. Store-brand products may be more affordable.
 - Use coupons, but compare prices and nutrition facts. A coupon may not always be the best deal or the healthiest option.
 - Buy in bulk. You may save money. Just be sure you have room in your pantry or freezer.
 - Buy produce that’s in season. Fresh fruits and vegetables will last for about a week. Remember, though, that canned or frozen fruits and vegetables will last longer, may be less expensive and can be just as healthy.
 - Don't check out at the checkout! Pay attention at the register to make certain you receive all your discounts and savings.”
- *Supplemental Resource: Keep Foods Fresh Longer*
 - <https://www.wellness4ky.org/resource/keep-foods-fresh-longer/>

Create A Weekly Meal Plan

- Pass out the “Weekly Meal Plan” for the next week (or a sheet of paper with columns or rows labeled Monday- Sunday), pens, and blank sheets of lined paper to write a grocery list. Or, use the *Sample Grocery List* handout included in the lesson.
- Place a pile of circulars (weekly ads) from local stores at the demo station, as well as any coupon books or flyers that are available.
 - *If virtual:*
 - Find a local grocery store’s weekly ad online
 - Share the link with participants
 - Open the ad and share your screen for everyone to access
 - Talk through what is season & on sale, and find ideas for meals
- Invite participants to grab/open the link for a circular (weekly ad) and instruct them to spend some time reviewing the circulars (weekly ad) to get an idea of what is seasonal and what is on sale and to also find ideas for meals. They may have some family recipes in mind or you can provide some printed AHA recipes. Or, look at Healthy for Good Recipes (<https://recipes.heart.org/en>) for ideas.
 - Talk through one recipe for participants know what is expected
 - This can be done in small groups or as one large group
- “Plan as many dinner meals as you have time for this week and make a grocery list with all of the necessary ingredients. Fill in the days of the week with the dishes you plan to prepare.
- Remember you may be able to use leftovers on one or more days.”

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>

Share Your Weekly Meal Plans

- **Once all participants have finished filling out their weekly meal plan and grocery list, invite them to share with the people around them.**
 - *If virtual, consider using breakout rooms.*


 American Heart Association
Healthy for Good

Shop Smart & Save

Smart shopping on a budget means knowing what to buy and when.

PLAN AHEAD

- 
Sign up for a reward card
 Sign up for a reward card (loyalty program) with your grocery store(s). Scan the card as you check out to receive deals automatically.
- 
Use coupons and coupon apps
 Collect coupons. With a reward card, you will get email coupons and can download or use coupons. Use coupon apps.
- 
Know what you have
 Inventory what you have and rehydrate each week.

AT THE GROCERY STORE

- 
Compare prices
 Store brand products may be more affordable.
- 
Use coupons, but compare prices and nutrition facts.
 A coupon may not always be the best deal or the healthiest option.
- 
Buy in bulk
 You may save money. Just be sure you have room to store what you've bought in your pantry or freezer.
- 
Save with seasonal produce
 Buying produce that's in season can save you money. Can or freeze it for year-round use.
- 
Don't check out at the checkout
 Pay attention at the register to make sure you get all your discounts and savings.

- 
Plan meals each week
 Keep recipes, grocery lists, receipts and coupons in one place to make planning easier.
- 
Make a shopping list
 Be specific with descriptions. Note the quantity needed and which coupons you have.
- 
Save receipts
 For each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting if necessary.



For more smart shopping tips, visit heart.org/healthyforgood.

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- *Supplemental handout: “Shop Smart & Save” on page 6 of the Weekly Meal Plan Made Easy lesson plan.*
 - <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/shopping/shop-smart-and-save>

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.

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

Sample Grocery List (Continued)

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

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

Healthy Start 101 | Grocery Shopping | Weekly Meal Plan Made Easy | 7
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- *Supplemental handout: “Sample Grocery List” on pages 7 and 8 of the Weekly Meal Plan Made Easy lesson.*



- **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:

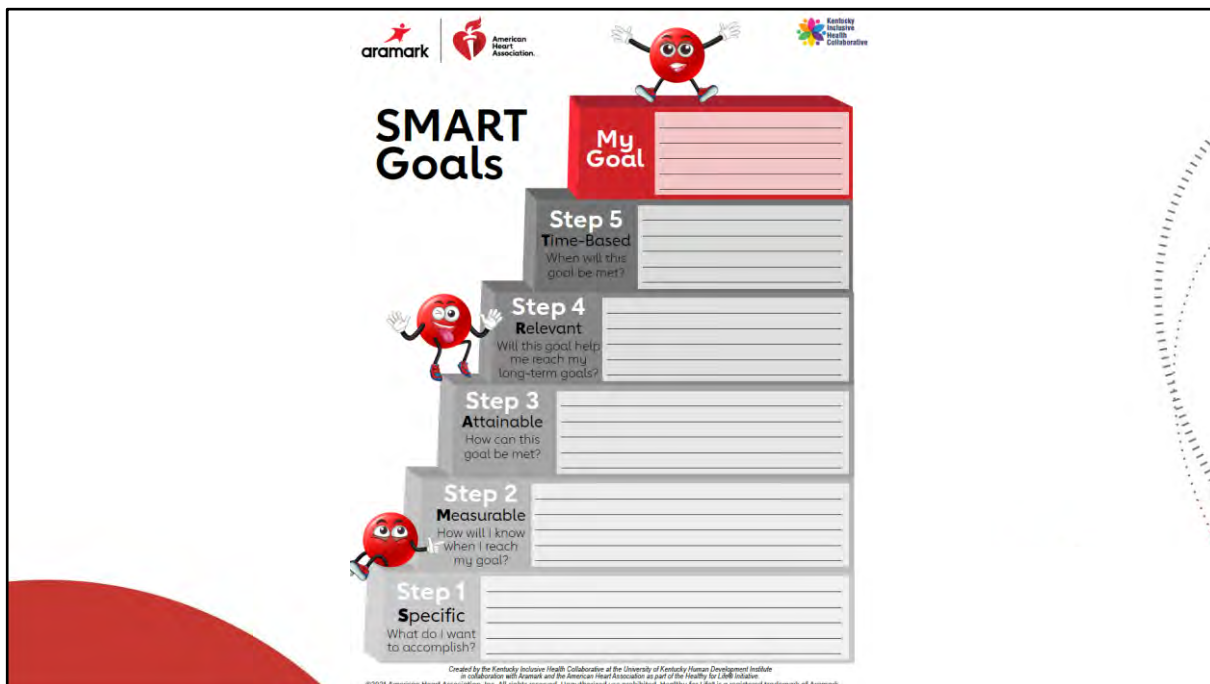
I will plan my meals and shop smart.

SMART Goal:

I will choose recipes and create a grocery list before going shopping.



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



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- **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**