

Employee Worksheet

Grocery Store Tips

Fit & Fun Families

The Grocery Store...An ingredient for wellness

What?

A 25 hour day won't happen, but save time and reduce stress by planning your shopping trip needs. It will feel like time saved in the long run!

How?

Plan...It can be simple! Use the following 3 tips to plan quick, tasty meals at home and save mad dashes here and there.

1. Keep "must have" healthy food and beverage items in your cupboard and refrigerator.
2. Keep and use a grocery list of "must have" items.
3. Plan simple, tasty menus. Add menu needs to your grocery list.

How?

Tip # 1 "Must Haves" List

Are low fat milk, eggs, flour, sugar, oatmeal, coffee, tea, and rice things you wouldn't want to be without?

Think about your "must have" items. Look through your cupboards to see what you wouldn't want to be without, and add the items to the following grocery checklist.



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How?

Tip #2 Grocery List

Fresh Produce

(Fresh fruits and vegetables)

Dairy Foods

(Low fat milk, cheese, yogurt)

Other Refrigerated Foods

(Eggs, others)

Frozen Foods

(Fruits, vegetables, others)

Canned Items

(Tuna, fruits, vegetables, soup, others)

Shopping Tips

Resist putting things you hadn't planned to buy in your shopping cart.

Check cost per unit. Sometimes larger packages have a lower cost per unit, but not always.

Pasta and Rice

(Noodles, spaghetti, rice)

Cereals

(Oatmeal, cornflakes, others)

Other Dry Ingredients

(Beans, flour, sugar, tea, coffee)

Packaged Meats

(Lean beef, poultry, fish)

Breads and Bakery

(Bread, bagels, English muffins, tortillas)

Other

(Peanut butter, other)



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Tip #3 Simple, Tasty Menus

- 1. Use MyPyramid as a guide.** Choose half of your grains as whole, include a good variety of fruits and vegetables, and choose low fat dairy and lean meats.

For breakfast choose from at least 3 MyPyramid food groups

For lunch and dinner choose from all MyPyramid food groups:

- Grains
- Vegetables
- Fruits
- Low Fat Dairy
- Lean Meat or Beans

Use **small** amounts of oils such as olive oil, soft margarine, or salad dressing.



- 2. For ideas and cost saving specials, check weekly grocery ads and use coupons.**

- 3. Think of food items that can be combined for your quick and tasty menu.**

Use the following ideas to “jumpstart” your thoughts:

- Add cooked, diced chicken and frozen vegetables to a boxed rice dish.
- Fill a taco shell or tortilla with beans, lean meat, and chopped vegetables.
- Make a pizza sauce by adding 1/4 teaspoon basil and oregano to a can of tomato sauce. Spread a prepared pizza shell (or English muffin half) with the sauce and top with vegetables, diced lean ham, and shredded mozzarella cheese.

- 4. Write your own quick menu ideas.** If you are having a tough time coming up with more than just a few ideas, start an “idea” exchange with your co-workers!

Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

- 5. Go through your menu and on the grocery list, write the ingredients you need.**

