

**Eating Healthy with Rising Food Prices**

**Leader Lesson**

Date submitted: March 2023

**Teacher’s Guide**

**Prepared by:** Janice Hermann, Nutrition Specialist

**Time needed to teach lesson:** 15 to 30 minutes

**Lesson Focus & Description:**

Interest rates, utility bills and food prices have risen lately, making it more difficult for consumers to make ends meet.

With grocery prices being high, it’s more important now than ever to make wise choices at the supermarket in order to put healthy meals on the table, stay within budget and reduce food waste.

A healthy eating style can help you be healthier now, and in the future, which in the long run can save you even more money.

**Objectives:**

* Learn money saving “before shopping” strategies to eat healthy.
* Learn money saving “while shopping” strategies to eat healthy.
* Learn money saving “after shopping” strategies to eat healthy.

**Materials Needed:**

* PowerPoint with Script, either print or electronic version
* Handout for members, one copy per participant
* Evaluation, one copy per participant (Evaluation: Eating Healthy with Rising Food Prices Instrument).

**Materials Included:** Scripted lesson PowerPoint, handout, evaluation

**Suggested Activities**

* Before the lesson:
* Read through the script and handout materials.
* Get paper copies as needed for the group.
* Arrange the room so all can see
* After the lesson:
* Collect evaluations.
* Restore the room to pre-lesson arrangement.
* Collect any unused handouts.
* Take extra handouts and completed evaluations to County Educator who will send them to Kimberly Williams in Stillwater.

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