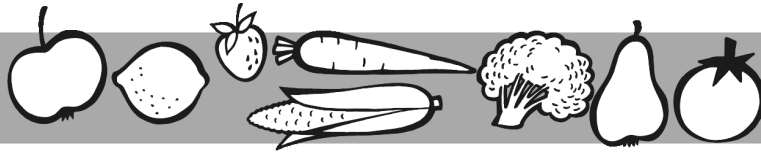


Workshop B:

# **Spending Food Money Wisely**

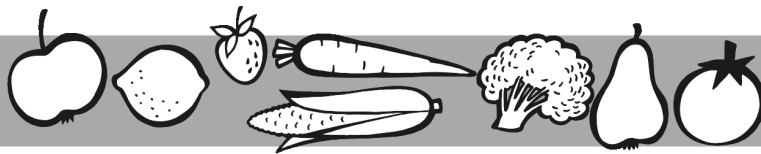
Part 2:  
Presentation and Background Information



## Purpose

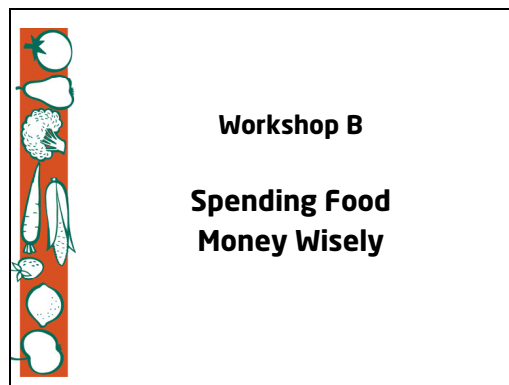
At the end of this parent workshop parents should be able to:

- Compare the price per kilo of grocery items to show a healthy diet is not an expensive diet
- Use the FOODcents 10-plan Guide
- Identify ways to get value for money
- Complete a 7-day menu template to plan a week's menu
- Appreciate the seasonal variations in fruit and vegetables in WA
- Demonstrate an understanding about how to start and maintain a fruit and/or vegetable garden.



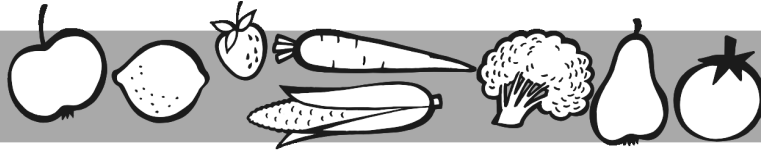
4min

## Introduction



Welcome the group.

Changes to improve the family's diet need not cost more than they are currently spending. This workshop will show how it may actually cost less. Activities include comparing the price per kilo (using the FOODcents Kilo-Cents Counter), the FOODcents 10-Plan Guide, menu planning, seasonal fruit and vegetable choices in Western Australia, and growing fruit and vegetable gardens.



20min

## Let's Talk About Comparing the Price Per Kilo

		PRICE		
		50c	\$1.00	\$1.50
GRAMS	50	10.00	20.00	30.00
	100	5.00	10.00	15.00
	150	3.33	6.67	10.00
	200	2.50	5.00	7.50

### Activity:

#### Handout: FOODcents Kilo-Cents Counter

Order from The Department of Health WA, Health Info on 1300 135 030 or by visiting their website: [www.dohpackcentre.com.au/DOH/Login.aspx](http://www.dohpackcentre.com.au/DOH/Login.aspx). Please allow 7-10 days for the order to be mailed to you.

Give each person a **FOODcents Shop Smart** and explain how the Kilo-cents counter works (instructions in booklet).

Note: Prices quoted per 2kg need to be divided by 2 to get the price per kg.

Hand out some example supermarket shopping catalogues or refer to the **Food Pictures Master Sheets** in the manual. When deciding on examples, choose food products that your group would eat or be interested in e.g. parents may be interested in products that are heavily advertised to children.

If you are using the Food Pictures Master Sheets from the manual, complete the price and weight for each food item. Try and do this at a supermarket near to where you are conducting the workshop as prices will vary around the state. Cut them out and provide participants with the food cards. Depending on the size of the group participants may need to work together or may each need to work with a few food cards.

Ask participants to complete the price per kilo using the Kilo-Cents counter booklet. On a white board compare the price per kilo of the foods.

It is a good idea to prepare an answer sheet for yourself before the workshop.

For example:

Compare the cost of:

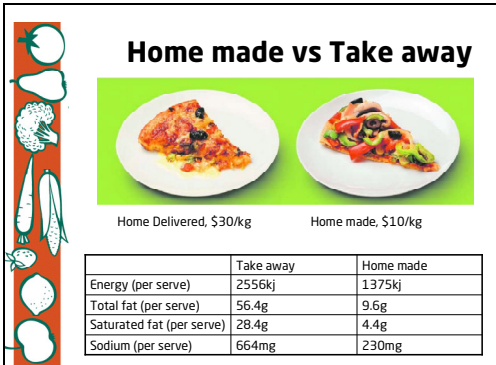
- Fresh carrots vs. frozen carrots
- Fresh potatoes vs. French fries vs. potato crisps
- Dry spaghetti vs. instant pasta meal
- Fresh tomatoes vs. canned tomatoes vs. pasta sauce
- Rice Bubbles® vs. Nutri-Grain® vs. Coco Pops® vs. Special K® vs. Weetbix™ vs. rolled oats
- steak vs. eggs vs. bacon vs. ham vs. polony vs. baked beans

*Please note, although processed meat such as polony seems cheaper than fresh lean meat, the percentage of actual meat is lower. Therefore processed meats are not better value for money and are a lot less nutritious. Eggs and baked beans provide a cheaper protein alternative when fresh lean meat is too expensive.*

- Fresh milk vs. skim milk powder
- Fruit bread vs. biscuits
- Crackers vs. bread
- Flour + sugar vs. cake mix
- Snack foods e.g. oranges vs. apples vs. chocolate vs. dried apricots vs. muesli bars vs. fruit roll-ups.

Encourage people to use their Kilo-Cents Counter when they next go shopping.

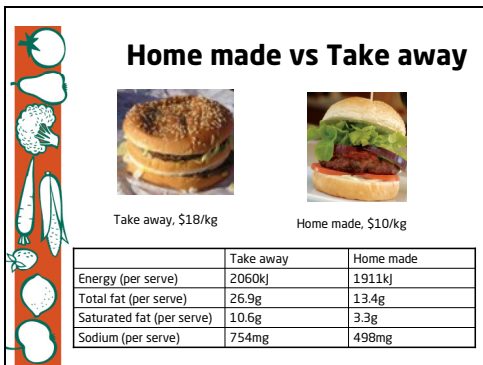
## Home made versus Take away



**Home made vs Take away**

Home Delivered, \$30/kg      Home made, \$10/kg

	Take away	Home made
Energy (per serve)	2556kj	1375kj
Total fat (per serve)	56.4g	9.6g
Saturated fat (per serve)	28.4g	4.4g
Sodium (per serve)	664mg	230mg



**Home made vs Take away**

Take away, \$18/kg      Home made, \$10/kg

	Take away	Home made
Energy (per serve)	2060kj	1911kj
Total fat (per serve)	26.9g	13.4g
Saturated fat (per serve)	10.6g	3.3g
Sodium (per serve)	754mg	498mg

Making your own meals at home rather than buying take away foods has many benefits. Not only is it cheaper, but more nutritionally adequate too. Occasionally families may buy take away, and there are some suitable options when you choose carefully.

### Handout B1: Dining out and Healthy Eating



Order copies of the FOODcents Shop Smart from The Department of Health WA, Health Info on 1300 135 030 or by visiting their website: [www.dohpackcentre.com.au/DOH/Login.aspx](http://www.dohpackcentre.com.au/DOH/Login.aspx). Please allow 7-10 days for the order to be mailed to you.

Distribute a copy of the sample docket found in the handout section (or ask the group to bring in their own dockets).

Give each person a copy of the FOODcents Shop Smart. Point out the pyramid shape. Explain that the proportional concept of most, moderate and least should be used to plan the amount of money to spend on food.

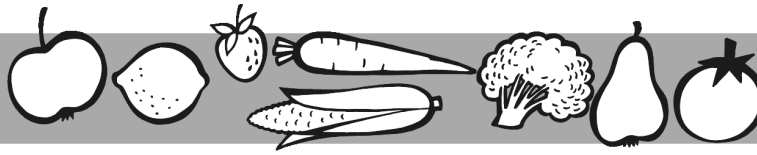
'Eat most foods' cost on average \$2-\$6 per kilo, 'eat moderately foods' cost on average \$7-\$15 per kilo, and 'eat least foods' cost on average \$16-\$20 per kilo.

Show the group how the 10-Plan Guide works, by looking at how far \$100, \$150 and \$200 will go.

In small groups ask the participants to use the shopping docket and talk them through the instructions on the 10-Plan Shopping Guide.

The purpose of this activity is to see how the money spent was allocated to each group (eat most, eat moderately and eat least) and to compare this to the recommended proportion of money that should be spent on each group.

Encourage participants to complete this activity at home with one month worth of their own shopping dockets.



15min

## Let's Talk About Getting Value for Money

**How do you get value for money when shopping?**

**Getting value for money?**

- Meal Planning and shopping lists
- Avoid shopping when hungry
- Modify recipes
- Include ingredients such as legumes
- Seasonal fruit and vegetables
- Frozen and canned fruit and vegies
- Buy in bulk
- Freeze leftovers
- Use over ripe fruit and vegetables in muffins, stews, soups, breadcrumbs or freeze for later
- Use stale bread for breadcrumbs or freeze for later

**Menu Planning**

Creating a balanced meal

**Daily Nutrition Checklist**

- Two Fruit
- Five Vegetables
- Milk, yoghurt, cheese & alternatives
- Meat, fish, poultry & alternatives
- Cereals (including bread, rice, pasta, noodles)
- Water
- Less than two extras

Planning a menu for the week is a great start to developing a shopping list. It's a good idea to consult those you are planning to feed, to involve them in the process and allow them to have a choice.

Sharing the responsibility of meal planning may also encourage partners and children to have a go at shopping and cooking. Involving children in the meal planning, food shopping and cooking from a young age, teaches them important skills and they are more likely to eat the meal too. When planning meals, take into consideration the family's taste preferences, food budget, time, equipment and skills.

**Activity One:** Get the group to brainstorm ways that they budget their money. For example buying food in bulk or using lentils in casseroles to save on the cost of meats. Write up on a board or butchers paper answers given. Money saving answers could be grouped under the headings; shopping, preparing, cooking and storing foods.

**Handout B2: Value for Money**

**Handout B3: Making the most of unused fresh foods**

**Activity Two:** Get the group to complete the remainder of '7-day Menu Planner' handout. Explain the importance of including a variety of foods from each food group. Ask the group to count the serves of fruit and vegetables in their meal plan. Use the checklist to ensure all food groups are included. Depending on how much time you

have you may ask the group to complete 1-3 days, during the workshop. This menu template can be used as a basis for their shopping list. The template is a great way to reinforce 'The Australian Guide to Healthy Eating' five food groups. It ensures that a variety of meals are cooked, and at the week's end all groups are included in approximately the right proportions.

**Handout B4: 7-Day Menu Planner**

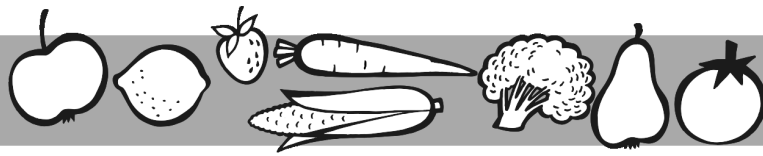
**Handout B5: Sample 7-day Menu Planner for a Family of Four**

**Handout B6: Sample 7-day Shopping List for a Family of Four**

**Handout B7: Blank 7-day Menu Planner**


**Handout B8: Blank 7-day Shopping List**

**Handout B9: Food storage**




10min

## Let's Talk About Seasonal Fruit and Vegetables and Edible Fruit and Vegetable Gardens



### Seasonal Fruit and Vegies

- Usually:
  - Taste better
  - Cheaper price
- Limited supply of fresh produce?
  - Tinned and frozen (no added sugar or salt)
  - Grow your own fruit and veg garden ... at home or school!



### Handout B10: Seasonal Fruit and Vegetables

When shopping for fresh vegetables and fruits, it pays to know what's in season. Use the seasonality guide provided. In season produce usually tastes better and is often cheaper than the same produce eaten out of season. Look for fruit and vegetables labelled as WA grown (sometimes displayed on the produce stickers) and ask retailers for the source of their produce. Less fuel is used in transport if you choose produce grown in Western Australia and this often makes the produce cheaper and more environmentally friendly.

Some fruit and vegetables cannot be grown in WA, because of our climate. In this situation try to choose those grown interstate, rather than from overseas.

Where there is a limited supply of fresh produce you can choose to either grow your own, or choose canned (in natural juice or without added salt or sugar) and frozen fruits and vegetables at the supermarket. **There is no significant nutritional difference between canned or frozen produce and fresh, as frozen produce is usually frozen very soon after being picked.**

### Handout B11: Growing a fruit or vegetable garden

#### Growing a fruit or vegetable garden

There are lots of benefits to you and your family if you grow your own fruit and vegetable garden.<sup>1-3</sup>

- Gardening is a healthy and enjoyable activity providing exercise and relaxation.
- It encourages parents and children to spend time together.
- Involving children in growing an edible garden provides them with useful knowledge about such things as environmental sustainability, health and teaches them many practical skills.
- It has been shown that children who are involved with the growing process are more likely to try new fruit and vegetables.

- Home grown fruit and vegetables can be picked at the optimum stage, generally giving a superior taste than bought varieties.
- Many vegetables and fruits can be successfully grown without the use of synthetic pesticides.

For an in-depth look at growing fruit and vegetables in Western Australia or for any problems you may encounter go to the website of the Department of Agriculture and Food: [www.agric.wa.gov.au](http://www.agric.wa.gov.au)

### **Safety in the Garden<sup>2</sup>**

- Always follow instructions on potting mixes, fertilisers, other organic materials and pesticides if used.
- Cover open cuts or skin wounds.
- Ensure tetanus immunisations are up to date.
- Use gardening gloves.
- Wash hands when finished gardening.

### **Tips for growing vegetables<sup>3</sup>**

- Choose a site with good drainage that is protected from wind and animals.
- Soil should be good quality with a pH level between 6 and 7. Testing kits which determine the pH of the soil are relatively inexpensive and can be purchased from many garden centres.
- When choosing a site, keep in mind that vegetables require sunlight for approximately six hours per day. Shade cloth may be required in hot conditions.
- Where space is limited, vegetables can be grown in pots and hanging baskets using a good quality potting mix.
- Most vegetables can be grown from seeds planted directly into the soil, however some are grown in small pots and then transplanted.
- Do not crowd vegetables when planting.
- Vegetables generally require watering every one to three days depending on the season and rainfall.
- A suitable fertiliser should be used in accordance with the directions on the packet.
- Remove weeds.
- Avoid using pesticides.

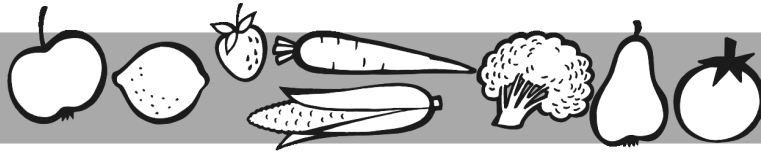
### **Tips for growing fruit trees<sup>4, 5</sup>**

- Fruit trees can grow successfully in pots if garden space is limited.
- There are several miniature fruit trees available that suit smaller areas.
- When planting new trees, a good quality pre-plant fertiliser mix should be used.
- Established trees require regular fertilising.
- Control weeds.

## **WHAT AND WHEN TO PLANT IN WESTERN AUSTRALIA**

It is important that fruit and vegetables are grown in the correct season.

For an extensive list, go to the Department of Agriculture and Food Western Australia website: [www.agric.wa.gov.au](http://www.agric.wa.gov.au)



3min

## Evaluation

### Evaluation Form B

When you have completed the workshop hand out the evaluation forms and ask each person to complete one and return it to you. Thank each person for attending.

## Required Resources

- FOODcents Shop Smart (HP4797) Kilocents Counter and 10-Plan Shopping Guide

## Other FOODcents Resources available

- Eat Smart for Four (HP4798)
- Eat Smart for Two (HP4799)

FOODcents resources are available for bulk orders by phoning the Department of Health Western Australia, Health Info on 1300 135 030 or by visiting their website: [www.dohpackcentre.com.au/DOH/Login.aspx](http://www.dohpackcentre.com.au/DOH/Login.aspx). Please allow 7 - 10 days for the order to be mailed to you.

For more information about the FOODcents program and to find out about FOODcents Training or Workshops visit: [www.foodcentsprogram.com.au](http://www.foodcentsprogram.com.au)

## Useful Resources

### Department of Agriculture and Food Western Australia brochures:

Vegetable growing, a guide for gardeners in Western Australia:

[www.agric.wa.gov.au/content/hort/veg/cp/bull4629\\_part1.pdf](http://www.agric.wa.gov.au/content/hort/veg/cp/bull4629_part1.pdf)

[www.agric.wa.gov.au/content/hort/veg/cp/bull4629\\_part2.pdf](http://www.agric.wa.gov.au/content/hort/veg/cp/bull4629_part2.pdf)

### Organic Gardening Manual by Peter Bennett.

Available to order via: [www.peterbennettorganics.com.au/](http://www.peterbennettorganics.com.au/)

**The Australian Fruit and Vegetable Garden** by Clive Blazey and Jane Varkulevicius.  
The Diggers Club, September 2007

Available to order via: [www.unireps.com.au/isbn/9781876473594.htm](http://www.unireps.com.au/isbn/9781876473594.htm)

## References

1. Alexander S. *Stephanie Alexander Kitchen Garden Foundation: Benefits*. 2003 [cited 20/02/08]; Available from: <http://www.kitchengardenfoundation.org.au/benefits.shtml>.
2. NSW Department of Health. *Edible Gardens*. 2006 [cited 12/02/08]; Available from: <http://www.ncahs.nsw.gov.au/tooty-fruity/index.php?pageid=1217&siteid=204>.
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4. Sivyer M. *Factsheet: Basic Backyard Fruit Tree Growing*. 2006 [cited 21/02/08]; Available from: [http://www.agric.wa.gov.au/content/hort/fn/cp/stonefruits/fs2006\\_fruit\\_msivyer.pdf](http://www.agric.wa.gov.au/content/hort/fn/cp/stonefruits/fs2006_fruit_msivyer.pdf).
5. Waldecks. *Fresh Fruit Trees*. [cited 21/02/08]; Available from: <http://www.waldecks.com.au/caresheets/Fruit%20Trees.PDF>.