



Welcome to today's session, "Getting your Community Engaged in Healthy Eating!"

Please take this opportunity to complete your pre-quiz and your attendance form. Fax them both to your Community Nutrition Advisor at 780-495-7338 or email to hc.abnutrition.sc@canada.ca.

We will begin soon!



WELCOME



Getting your Community Engaged in Healthy Eating!

   Resource Training





What will this session cover?

- Today's training will be about 60 minutes long.
- It will include:
 - An introduction to the Alberta Nutrition Advisory Team
 - An overview of the Grocery Store Tour and Food Demo resources
 - How to use these resources
 - Practice using the resources
 - Using the resources if your community doesn't have a grocery store
 - Discussion
 - Evaluation and post-quiz
- Please feel free to ask questions at any time!



The Alberta Nutrition Advisory Team

- About us
 - We are Registered Dietitians that can help you with your nutrition priorities.
 - We can work with health centres, child-care facilities, schools, treatment centres, and other community-based programs.
- How we can help
 - Teach you about nutrition and how to include it in your programs
 - Assist with menu planning and managing client food allergies
 - Train workers to use resources like this one
- Team Members
 - Regional Nutritionist, Laura White
 - Community Nutrition Advisors
 - Audrey Inouye
 - Erin Bligh
 - Kathleen Gibson
 - Laurina Eskow



Grocery Store Tour Resource



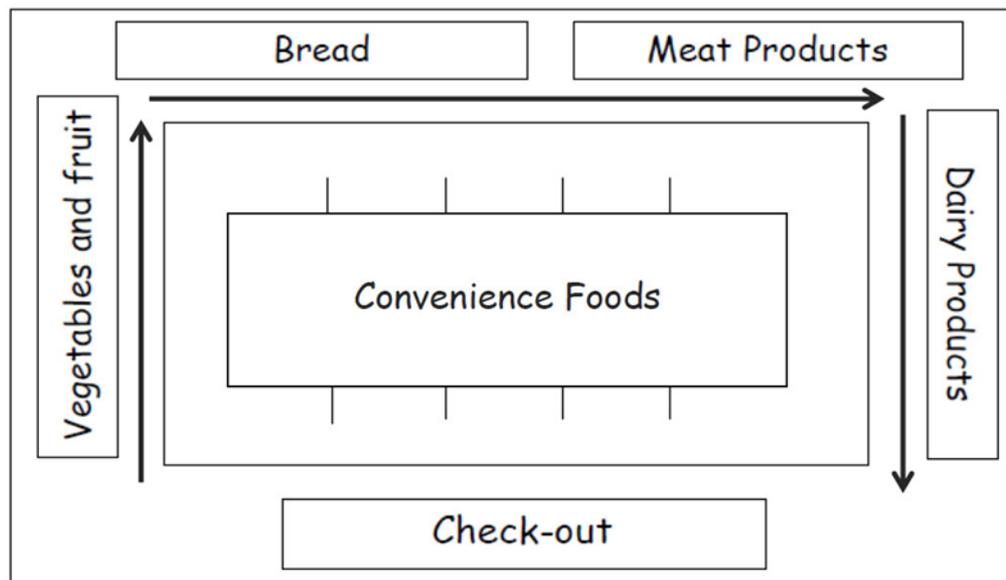
Grocery Store Tour Leader's Guide





What is a grocery store tour?

- An interactive class about grocery shopping for affordable healthy foods, taught right in the grocery store
- The facilitator leads a group of participants through the store, showing them affordable and available healthy options from each food group
- Hands-on activities give participants a chance to practice what they learn





Why was this resource created?

- It can seem difficult to buy healthy foods – limited availability, high prices
- There are many options available that can be part of a healthy diet
- This tour shows participants how to find these more available, less expensive healthy options
- Give hands-on experience reading Nutrition Facts – participants can determine for themselves whether a food is healthy or not
- Helps participants build the skills and knowledge they need to make the healthy choice the easy choice!



What is in the resource?

- How to plan your grocery store tour
- How to read nutrition facts tables
- Information on products in each section of the grocery store
- Options for less expensive, more available healthy foods
- Hands-on activities and examples
- A handout package for participants to take home



Planning a Grocery Store Tour

- Contact the store manager **at least 2 weeks** in advance
- In your meeting with the store manager:
 - Set a date and time for the tour
 - Ask if they will advertise your tour at the store (provide them with a poster)
 - Ask if you can borrow any extra materials you need (ex. – a table)
 - Ask if they are willing to provide any coupons to participants
- Be sure to advertise your event well ahead of time
- Invite groups, such as CPNP





Important Points from the Grocery Store Tour





Using the Nutrition Facts Table: % Daily Value

How to CHOOSE

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

1 LOOK at the amount of food

Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.

2 READ the % DV

The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a **LITTLE**
 15% DV or more is a **LOT**

} This applies to all nutrients.

3 CHOOSE

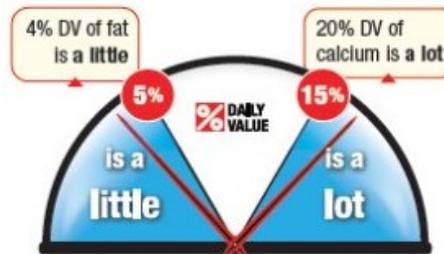
Make a better choice for you. Here are some nutrients you may want...

- | | |
|----------------------------|----------------|
| less of | more of |
| • Fat | • Fibre |
| • Saturated and trans fats | • Vitamin A |
| • Sodium | • Calcium |
| | • Iron |

Here is an example of how to choose:
 You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has a **little** fat (4% DV) and a **lot** of calcium (20% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!

Yogurt

Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
Calories 160	
Fat 2.5 g	4 %
Saturated 1.5 g	8 %
+ Trans 0 g	
Cholesterol 10 mg	
Sodium 75 mg	3 %
Carbohydrate 25 g	8 %
Fibre 0 g	0 %
Sugars 24 g	
Protein 8 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %





Practice: Reading the Nutrition Facts Table



Cream of Wheat

Nutrition Facts	
Per 3/4 cup (175 mL)	
Amount	% Daily Value
Calories 92	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 69 mg	3%
Carbohydrate 19 g	6%
Fibre 1 g	4%
Sugars 0 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	22%
Folate 7 µg	3%
Potassium 31 mg	1%



Plain Quick Oats

Nutrition Facts	
Per 3/4 cup (175 mL)	
Amount	% Daily Value
Calories 122	
Fat 2 g	3%
Saturated 1 g	3%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 3 mg	0%
Carbohydrate 21 g	7%
Fibre 3 g	11%
Sugars 1 g	
Protein 5 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	10%
Folate 9 µg	4%
Potassium 111 mg	3%



Flavoured Instant Oatmeal

Nutrition Facts	
Per 1 packet (175 mL)	
Amount	% Daily Value
Calories 149	
Fat 2 g	3%
Saturated 0 g	1%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 221 mg	9%
Carbohydrate 30 g	10%
Fibre 3 g	12%
Sugars 13 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	1%
Calcium	7%
Iron	38%
Folate 39 µg	18%
Potassium 114 mg	3%



Highlights: Vegetables and Fruits

- Frozen vegetables and fruits are just as healthy as fresh, and are often cheaper and better quality
- Canned vegetables and fruits are a healthy option and are cheaper than both fresh and frozen vegetables and fruits (watch for added salt and sugar)





Activity: Vegetables and Fruits



Rebecca wants to make a stir-fry but all the fresh vegetables in the store have gone bad. Is there anything else that she could use?



Reading the Nutrition Facts Table



**Canned Tomatoes
without Salt**

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 35	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 8 mg	0%
Carbohydrate 6 g	2%
Fibre 1 g	6%
Sugars 3 g	
Protein 1 g	
Vitamin A	1%
Vitamin C	18%
Calcium	4%
Iron	13%
Folate 7 µg	3%
Potassium 279 mg	8%



**Canned Tomatoes
with Salt**

Nutrition Facts	
Per 1/2 cup (125 mL)	
Amount	% Daily Value
Calories 35	
Fat 0 g	0%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 298 mg	12%
Carbohydrate 6 g	2%
Fibre 1 g	6%
Sugars 4 g	
Protein 1 g	
Vitamin A	1%
Vitamin C	18%
Calcium	4%
Iron	13%
Folate 7 µg	3%
Potassium 279 mg	8%



Highlights: Grain Products

- Dried whole wheat pasta and dried whole grains such as barley are a cost-effective option
- Can buy when on sale – can be stored in the cupboard for a long time
- Choose whole grains over white grains





Activity: Grain Products



Robert has leftover canned tuna but doesn't have any bread left to make a sandwich. What else could he do with it?



Reading the Nutrition Facts Table



Oat Loops

Nutrition Facts	
Per 1 cup (30 g)	
Amount	% Daily Value
Calories 118	
Fat 2 g	3%
Saturated 0 g	2%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 322 mg	13%
Carbohydrate 22 g	7%
Fibre 3 g	13%
Sugars 1 g	
Protein 4 g	
Vitamin A	0%
Vitamin C	0%
Calcium	5%
Iron	41%
Folate 36 µg	16%
Potassium 118 mg	3%



Bran Flakes
with Raisins

Nutrition Facts	
Per 1/2 cup (30 g)	
Amount	% Daily Value
Calories 95	
Fat 1 g	1%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 186 mg	8%
Carbohydrate 24 g	8%
Fibre 3 g	14%
Sugars 8 g	
Protein 3 g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	29%
Folate 36 µg	16%
Potassium 170 mg	5%



Fruit-Flavoured
Loops

Nutrition Facts	
Per 1 cup (30 g)	
Amount	% Daily Value
Calories 120	
Fat 1 g	1%
Saturated 0 g	0%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 114 mg	5%
Carbohydrate 27 g	9%
Fibre 2 g	9%
Sugars 14 g	
Protein 1 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	35%
Folate 60 µg	27%
Potassium 26 mg	1%



Highlights: Meat and Alternatives

- Deli meats are usually high in fat and salt – choose less often
- Canned and dried beans and lentils are the most cost-effective alternatives to meat – very inexpensive, easy to store, can buy when on sale
- Peanut butter, canned fish and eggs are other healthy high-protein alternatives that are cheaper than fresh or frozen meat





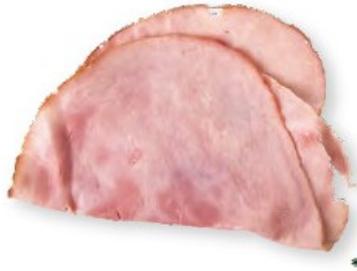
Activity: Meat and Alternatives



Patricia wanted to make a lunch wrap but there is no meat left. What else could she use in her wrap to add protein?



Reading the Nutrition Facts Table



Deli Ham

Nutrition Facts	
Per 2 slices (56 g)	
Amount	% Daily Value
Calories 92	
Fat 5 g	7%
Saturated 1.6 g	10%
+ Trans 0 g	
Cholesterol 32 mg	11%
Sodium 730 mg	30%
Carbohydrate 2 g	1%
Fibre 1 g	3%
Sugars 0 g	
Protein 9 g	
Vitamin A	0%
Vitamin C	4%
Calcium	1%
Iron	4%
Folate 4 µg	2%
Potassium 160 mg	5%



Bologna

Nutrition Facts	
Per 2 slices (56 g)	
Amount	% Daily Value
Calories 154	
Fat 13 g	20%
Saturated 3.9 g	27%
+ Trans 1 g	
Cholesterol 48 mg	16%
Sodium 636 mg	27%
Carbohydrate 3 g	1%
Fibre 0 g	0%
Sugars 0 g	
Protein 6 g	
Vitamin A	1%
Vitamin C	15%
Calcium	5%
Iron	5%
Folate 4 µg	2%
Potassium 178 mg	5%



Garlic Sausage

Nutrition Facts	
Per 75 g	
Amount	% Daily Value
Calories 244	
Fat 22 g	33%
Saturated 7.7 g	45%
+ Trans 1 g	
Cholesterol 52 mg	17%
Sodium 657 mg	27%
Carbohydrate 1 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 11 g	
Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	8%
Folate 2 µg	1%
Potassium 178 mg	5%



Bacon

Nutrition Facts	
Per 3 slices (24 g)	
Amount	% Daily Value
Calories 130	
Fat 10 g	15%
Saturated 3.3 g	16%
+ Trans 0 g	
Cholesterol 26 mg	9%
Sodium 554 mg	23%
Carbohydrate 0 g	0%
Fibre 0 g	0%
Sugars 0 g	
Protein 9 g	
Vitamin A	0%
Vitamin C	1%
Calcium	0%
Iron	3%
Folate 0 µg	0%
Potassium 136 mg	4%



Highlights: Milk and Alternatives

- Powdered milk and evaporated milk are the most cost-effective alternatives to fresh milk – they are less expensive, easy to store, and can be bought when on sale
- Both powdered and evaporated milk can be mixed with water to create a product similar to fresh milk, or used as-is in recipes
- Coffee whitener is **not** a milk alternative





Activity: Milk Alternatives



Jonah is making corn chowder that calls for milk, but milk is too expensive at the store right now. What else could he use instead of milk to make his chowder creamy?



Reading the Nutrition Facts Table



Skim Milk Powder

Nutrition Facts	
Per 1 Tablespoon (15 mL)	
Amount	% Daily Value
Calories 15	
Fat 0 g	0%
Saturated 0.0 g	0%
+ Trans 0 g	
Cholesterol 12 mg	4%
Sodium 24 mg	1%
Carbohydrate 2 g	1%
Fibre 0 g	0%
Sugars 2 g	
Protein 2 g	
Vitamin A	3%
Vitamin C	0%
Calcium	5%
Iron	0%
Folate 3 µg	1%
Potassium 75 mg	2%
Vitamin D 0.5 µg	9%



2% Evaporated Milk

Nutrition Facts	
Per 1 Tablespoon (15 mL)	
Amount	% Daily Value
Calories 15	
Fat 0 g	0%
Saturated 0.2 g	1%
+ Trans 0 g	
Cholesterol 1 mg	0%
Sodium 18 mg	1%
Carbohydrate 2 g	1%
Fibre 0 g	0%
Sugars 2 g	
Protein 1 g	
Vitamin A	2%
Vitamin C	8%
Calcium	4%
Iron	0%
Folate 1 µg	0%
Potassium 51 mg	1%
Vitamin D 0.3 µg	6%



Coffee Whitener

Nutrition Facts	
Per 1 Tablespoon (15 mL)	
Amount	% Daily Value
Calories 33	
Fat 2 g	3%
Saturated 1.9 g	10%
+ Trans 0 g	
Cholesterol 0 mg	0%
Sodium 12 mg	1%
Carbohydrate 3 g	1%
Fibre 0 g	0%
Sugars 3 g	
Protein 0 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
Folate 0 µg	0%
Potassium 48 mg	1%
Vitamin D 0.0 µg	0%



Fats and Oils

- Choose mainly unsaturated fats, which are better for heart health.
- Can tell if a fat is unsaturated by whether it's liquid or solid – unsaturated fats are usually liquid (ex. – canola oil, sunflower oil, olive oil, etc.)
- Soft margarine is usually an unsaturated fat – healthier option
- Limit saturated (solid) fats such as lard, hard margarine and butter
- Avoid trans fats, which are bad for heart health. Trans fats are mainly found in processed food products, as well as partially hydrogenated margarines





Convenience Foods

- Limit processed foods – they are usually high in fat, salt and sugar
- If you do choose processed foods, there are small easy ways that you can make them healthier
- **Activity:** What are some ways that you could make processed convenience foods into a healthier meal?





Meal Comparison

Convenience meal:

- Hungry Man Frozen Dinner (meatloaf, mashed potato, mixed veg)
- **TOTAL = \$2.67 per serving** or \$10.68 for 4 servings

Homemade meal:

- 4 potatoes – \$0.80
- 1 Tbsp margarine and splash milk to mash – \$0.10
- 1 lb lean ground beef – \$3.40
- ½ onion – \$0.18
- ¾ cup rolled oats – \$0.20
- Salt and pepper, dash Worcestershire – negligible
- 2 cups frozen veg California mix – \$0.62
- **TOTAL = \$5.30 for 4 servings = \$1.32 per serving**



Convenience meal:

- Big Mac Meal – **\$5.99 per person** = \$23.96 for 4 people

Homemade meal:

- 1 lb lean ground beef – \$3.40
- 4 whole wheat buns – \$1.28
- 1 egg – \$0.23
- ½ onion – \$0.18
- 2 cloves garlic – \$0.05
- Salt and pepper – negligible
- Condiments – \$0.50
- ½ head green leaf lettuce (salad) – \$0.99
- Homemade oil and vinegar dressing – \$0.50
- TOTAL: \$7.13 for 4 servings = **\$1.78 per serving**



Convenience meal:

- Chili with cornbread top (4 servings)
\$9.98 = **\$2.50 per serving**

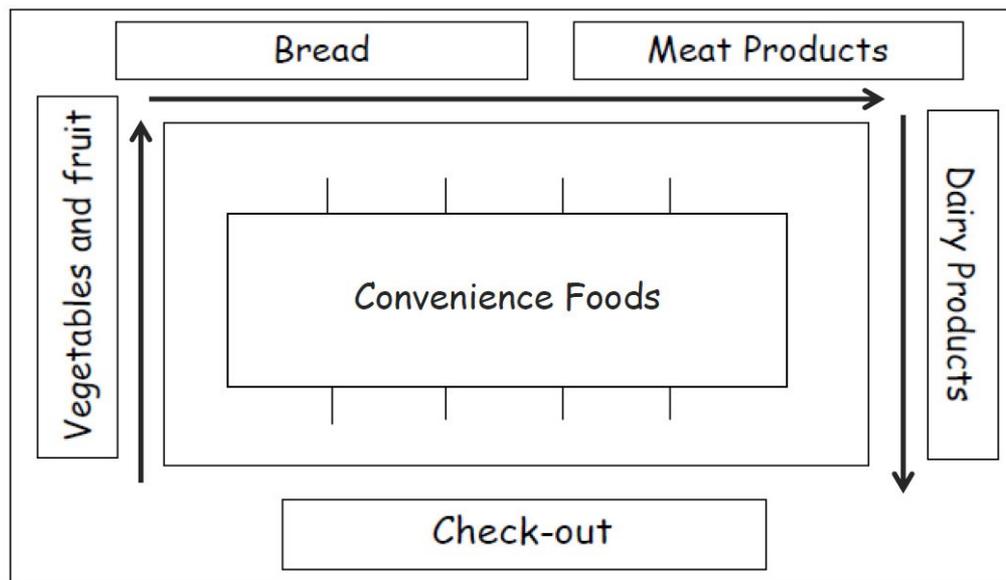
Homemade meal: (8 servings of chili and corn bread)

- Can of chickpeas – \$0.98
- Can of black beans – \$0.98
- Can of red kidney beans – \$0.98
- Can of tomatoes – \$1.17
- 1 onion – \$0.35
- 1 lb lean ground beef – \$3.40
- Salt, pepper, chili powder – negligible
- 1 cup yellow cornmeal – \$0.24
- 1 cup all-purpose flour – \$0.15
- 1/4 cup sugar – \$0.20
- 4 tsp baking powder – \$0.11
- 1/4 tsp salt – negligible
- 1 cup milk – \$0.31
- 1 large egg – \$0.27
- 1/4 cup vegetable oil \$0.08
- TOTAL: \$8.91 for 8 servings = \$4.46 for 4 servings = **\$1.11 per serving**



Grocery Shopping Tips and Tricks

- Make a list (and follow it!)
- Shop after a meal or snack to avoid giving in to cravings due to hunger
- Best before dates are not a measure of food safety – they only guarantee that the food is at its best quality. Foods are often safe to eat after the best before date passes.





What if I don't have a grocery store in my community?

- If there is a grocery store where people shop outside of your community, you could try working with the store manager there to organize your tour.
- If your community has a convenience store, check to see if they carry any of the food items mentioned in the grocery store tour manual. You may be able to modify the tour to show people in your community some healthier convenience store options.
- If you can't find a store to do a tour in, you could teach a sit-down class
 - Groups such as CPNP may be interested



Final Thoughts

- A grocery store tour is a great way to introduce some inexpensive, easily available, healthy options to people in your community!
- The tour can be modified if you don't have a grocery store in your community.

- Questions?





Food Demo Resource



Grocery Store Food Demo Guide





What is a food demo?

- Providing samples of an easy healthy recipe to shoppers at the grocery store
- Shoppers receive a copy of the recipe to try making at home
- May also have the ingredients placed near the food sampling stand, so shoppers can easily pick them up
- Store manager may agree to provide coupons for ingredients in the recipe
- If your community doesn't have a grocery store, you can still use the food demo resource! We will cover this later in the presentation.



Why was this resource created?

- It can seem difficult to buy healthy foods – limited availability, high prices
- Sometimes people think healthy foods don't taste good
- Show people in your community that healthy homemade foods can be inexpensive, quick, easy and delicious!
- Shoppers have a chance to taste the healthy recipe you prepare right in the store as they shop
- Shoppers are provided with a recipe and easy access to ingredients, and possibly coupons if the store manager agrees
- Helps make the healthy choice the easy choice!



What is in the resource?

- How to plan a food demo – working with the store manager
- 14 easy, affordable, healthy recipes – leader copy and participant copy
- Important aspects to include in your food demo
- Important food safety information and procedures



Planning a Food Demo

- Choose a recipe and make sure you have all the equipment
- Contact the store manager **at least 2 week** in advance
 - This is important to give them time to order any food you need
- In your meeting with the store manager:
 - Set a date and time for food demo
 - Check that they have or can order any ingredients you need for your recipe
 - Ask if they will advertise your food demo at the store (provide them with a poster)
 - Ask if you can borrow any materials you need (ex. – a table)
 - Ask if they can display ingredients for your recipe near your food demo stand
 - Ask if they are willing to provide any coupons to participants
- Be sure to advertise your event ahead of time





Choosing a Recipe

- Recipes vary in time required to prepare and equipment needed
- Choose a recipe that fits your time, budget and resources





Tomato-Bean Soup with Cheddar – Food Demo Leader Version

Makes about 8 cups

Ingredients:

- 2 cans (19 oz / 540 mL each) tomatoes
- 2 cans (14 oz / 398 mL each) beans in tomato sauce
- 2 cups water
- 2 tsp dried basil
- 2 tsp dried parsley
- 1 cup grated cheddar cheese

Easy Cooking Directions:

1. Turn the stove on to medium-high heat. Put tomatoes, beans, water, basil and parsley into a medium saucepan. Heat to boiling.
2. Turn down the heat and simmer soup, uncovered, for 10 minutes. Stir several times.
3. If making ahead of time, cool at room temperature until the soup stops steaming. Then cool in the fridge, uncovered, until soup is cold. Put a lid on the container and store in the fridge for no more than 3-4 days until ready to use.
4. At the Food Demo stand, keep the soup hot in a crock pot or slow cooker (above 140°F). This is important for food safety!
5. Serve in paper or Styrofoam cups with grated cheese on top. If you aren't using bagged grated cheese, grate some beforehand so that it's ready to go!

Items you will need at the food demo:

- A crock pot for keeping soup hot
- A thermometer to check soup temperature
- A ladle or spoon for serving soup
- Paper or Styrofoam cups to serve soup
- Plastic spoons
- Small paper napkins
- A box of non-latex gloves
- Paper towels and sanitizer

Ingredients to display near food demo stand:

- Canned tomatoes
- Canned beans
- Dried basil
- Dried parsley



Tomato-Bean Soup with Cheddar

Makes about 4 cups

Ingredients:

- 1 can (19 oz / 540 mL) tomatoes
- 1 can (14 oz / 398 mL) beans in tomato sauce
- 1 cup water
- 1 tsp dried basil
- 1 tsp dried parsley
- ½ cup grated cheddar cheese

Easy Cooking Directions:

1. Turn the stove on to medium-high heat. Put tomatoes, beans, water, basil and parsley into a medium saucepan. Heat to boiling.
2. Turn down the heat and simmer soup, uncovered, for 10 minutes. Stir several times.
3. Serve in bowls with grated cheddar cheese on top.

Tomatoes are high in **vitamin C**, which is important for a healthy immune system. Eating food rich in vitamin C along with food that contains iron, like beans, will help your body absorb iron better! This helps prevent anemia.



Food Safety

- Food safety is very important when serving food to people in the community!
- The resource covers food safety protocol for:
 - Personal hygiene while cooking and serving food
 - Cleaning the cooking and food-serving areas
 - Safe temperatures and storage of hot and cold foods





Hygiene

- Before preparing and serving food:
 - Proper handwashing (soap, warm water, wash all areas 15-30 sec.)
- While preparing food:
 - Apron
 - Long hair tied back, hairnet or hat for short hair
- While serving food:
 - Apron
 - Long hair tied back, hairnet or hat for short hair
 - Gloves





Cooking and Servings Areas

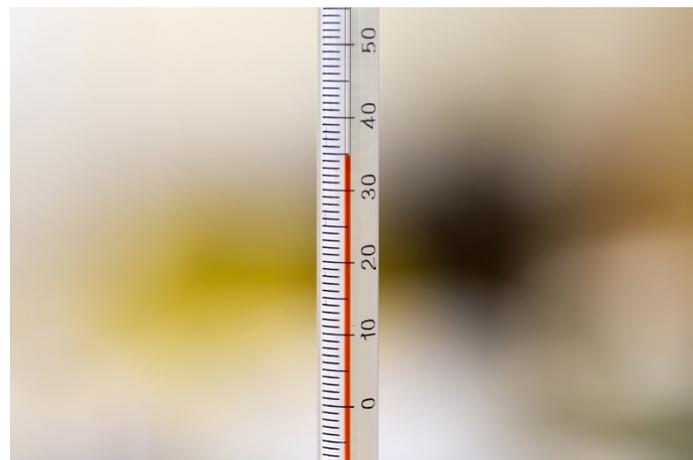
- Separate cutting boards for raw meat, produce, breads
- Wash produce with water before using (no soap)
- Sanitize cutting boards and counters/surfaces with kitchen sanitizer before and after cooking and serving food
- Always have a roll of paper towel and a bottle of sanitizer with you at the food demo station to clean up any spills





Safe Food Temperatures and Storage

- Basic rule: keep cold foods cold and hot foods hot!
- Food temperature is important to stop bacteria from growing in food, which can make people sick
- When preparing for food demo:
 - Never thaw foods at room temperature (use fridge, cold water, or microwave)
 - For foods made ahead of time, cool to room temp on the counter, than transfer to refrigerator
- During food demo:
 - Cold foods kept on ice (at 4°C or less)
 - Hot foods kept in crock pot (at 60°C or more)





What if I don't have a grocery store in my community?

- Food demo at events such as health fair, diabetes walk, etc.
- Can just give samples of a dish and hand out the recipe
- Depending on funds available, could purchase ingredients for the recipe and have kits available for purchase after people sample it
- If your community has a convenience store that has some of the ingredients for a recipe, could do the demo at the convenience store (with store manager's approval and cooperation)
- Could even ask convenience store manager if they'd be willing to try ordering some of the foods you need



Final Thoughts

- A food demo is a great way to show people in your community that healthy eating can be easy, affordable and delicious!
- This resource is flexible – if your community doesn't have a grocery store, you can easily modify it to run a food demo elsewhere

- Questions?

