

Healthy Foods for Busy People

How a Middle-Income Family of Four Can Save About \$3,000 a Year on Food

Leader's Guide

Notes for anyone who introduces this course to a group, such as a church group, a class, or a community meeting.

Before the Meeting

- Read the course once. You do not need to be an expert. Share what works in your own kitchen.
- Give each person a copy of the course: printed, or the link to the PDF on aokbasicskills.gratis. Bring pencils.
- Plan about 60 minutes.
- Optional: bring a dinner plate, a pot with a lid, two packages of the same food in different sizes, a labeled food container, and handouts with charts for some of the points of the presentation such as numbers 3, 7 and 8.

- Depending on available time and if computers with internet are available, it might be interesting for the class to introduce them to several of the websites.
- If an organization was borrowing this course for presentation purposes, they would be welcome to change the content.

Be Kind About Money and Health

- Some people in the group may be struggling to buy food. Never ask anyone to share their income or what they spend.
- Know where people can find local help, such as a food pantry or a community meal, and share it quietly.
- Remind people with a health problem or a special diet to talk to their doctor or health worker before they change how they eat.
- In a faith community, you may like to begin or end with a short blessing or a

word of thanks for food.

Notes for Each Part of the Course

Introduction

Key point: Small changes can save a family a lot of money each month, especially now that food and heating cost more.

- **Ask:** “What costs more for your family now than a year ago?”

1. Find Savings in the Big Picture

Key point: The biggest savings come from eating out less, wasting less food, and choosing cheaper drinks.

- **Ask:** “Which of these costs could your family cut first?”
- **Try:** each person guesses what they spend on drinks in one week, then multiplies by four.

2. Your Food Budget, Made Simple

Key point: A food budget makes saving possible. The 70-20-10 rule is one easy

guide.

- **Ask:** “How do you decide how much to spend on food now?”
- **Tip:** some people keep their food money for the week in an envelope.

3. The One-Dish Meal System

Key point: Cooked protein + grain + vegetables, mixed and heated in one pan, makes a fast, healthy dinner.

- **Show:** use a real dinner plate. Half vegetables, one quarter grain, one quarter protein.
- **Try:** each person writes two favorite foods on each line of the Meal Chart.

4. Cook Once, Eat Several Times

Key point: One cooking day saves time and fuel for the whole week.

- **Ask:** “Which day of the week is best for you to cook ahead?”
- **Show:** a container labeled with the name of the food and the date.

5. Waste Less Food

Key point: Food you throw away is money you throw away and ways to cut back.

6. Save Time and Money When You Cook

Key point: Lids, small pieces, soaked beans, and a gentle boil all save fuel. This matters now that fuel costs more.

- **Ask:** “Which of these do you already do?”
- **Safety:** if you show a pressure cooker, follow its instructions and keep children away.

7. Shop Smart

Key point: A shopping list, a full stomach, and the price per pound or kilo save money at the store. Supermarkets keep fresh, natural foods that need to stay cold along their outside walls.

8. Your Two-Week Revolving Menu

Key point: A menu that repeats every two weeks means less planning and an easier

shopping list.

- **Try:** each person starts their menu table with three or four dinners.
- **Tip:** families can plan the menu together, and everyone can choose one “special night”.

9. Keep Food Safe

Key point: Cool food quickly, keep the refrigerator cold, and heat leftovers until they are steaming hot.

- **Ask:** “Do you know the temperature inside your refrigerator?”
- **Remember together:** “When in doubt, throw it out.”

10. Eat Together

Key point: Cooking and eating together helps families eat better and grow closer.

- **Ask:** “What is one meal your family enjoys making together?”

Closing the Meeting

- Invite each person to choose one idea to try this week.
- At the next meeting, ask: “What did you try? What worked?”
- Follow-up ideas: a recipe swap, a group cooking day, or sharing a one-dish meal together.
- Share the course with friends and family: aokbasicskills.gratis

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