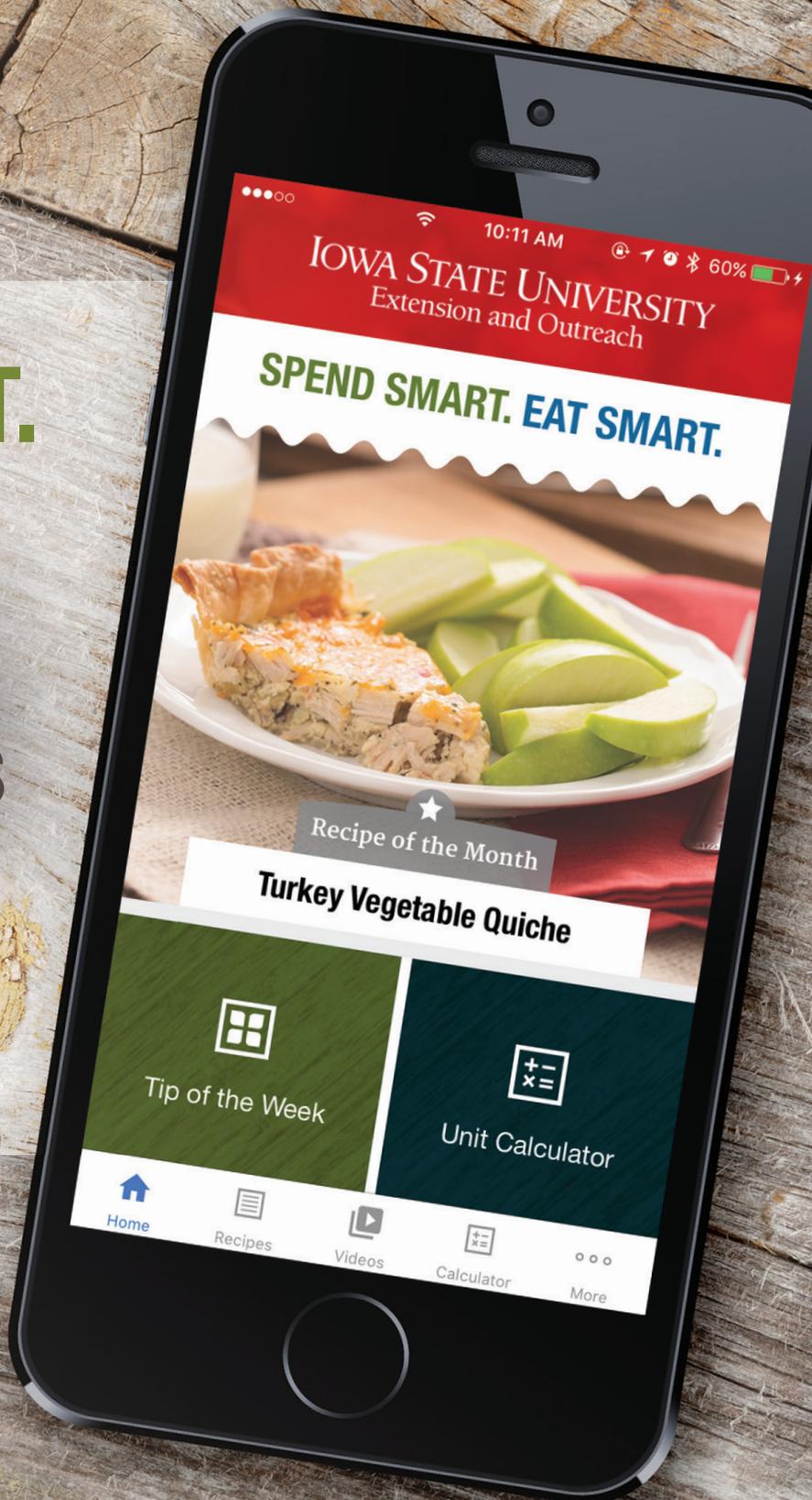


**SPEND SMART.
EAT SMART.**

**Website and
App Activities**



Helpful Spend Smart. Eat Smart. Tips

- 1** The main pictures on both the Spend Smart. Eat Smart app and website will change every month.
- 2** The Spend Smart. Eat Smart. website will translate into the same language as the user's browser setting. Scroll to the bottom of any webpage and click on Additional Information for instructions on how to change the browser settings.
- 3** The Spend Smart. Eat Smart app will not translate into other languages.
- 4** Tablets show the app differently than phones.
 - On phones, since the app is smaller, 'produce basics', 'my recipes', and 'about' are found in a category labeled 'more'.
 - Android phones have drop down menus on the top of the app, iPhones have the menu at the bottom.

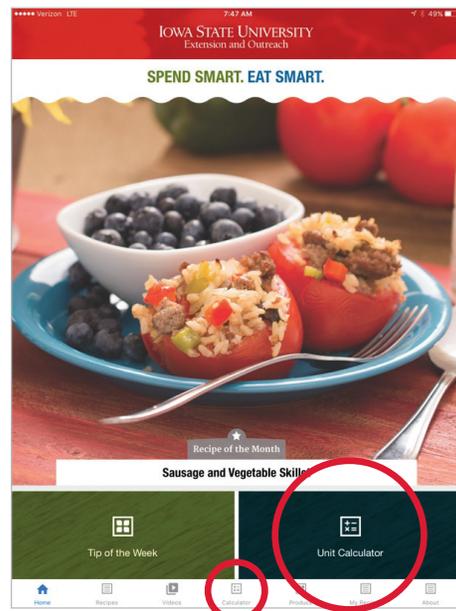


Planning and Shopping

ACTIVITY 1

- 1 Open the Spend Smart. Eat Smart. app on your device.

“One of the features on the Spend Smart. Eat Smart app is the unit pricing calculator. This is a helpful tool to compare the prices of two products when shopping at the store. There are two places to access the unit pricing calculator on the app: on the bottom bar between ‘videos’ and ‘produce’ or the large teal box that says ‘unit calculator’.”

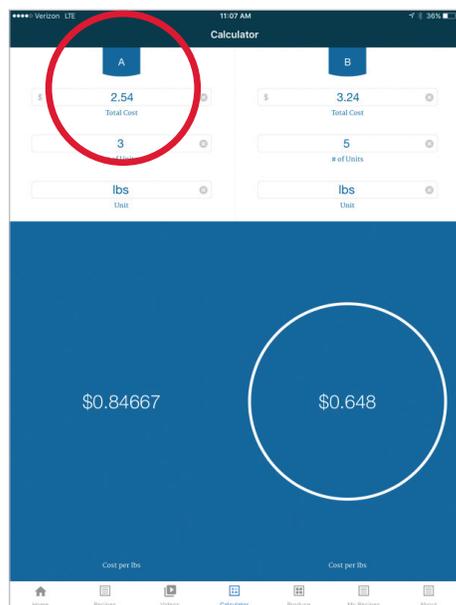


- 2 Pull up the unit pricing calculator to show to your participant(s).

“The unit pricing calculator lets you type in the total amount of the product, the number of units, and the specific unit of the product. After you type in the product information for both products, the calculator will circle which product is the best price.”

- 3 Highlight how the calculator can compare products that have different units of measure.

- 4 Provide an example of two comparable products for a unit pricing activity to show how to purchase the best deal at the store. (Ex. 15 oz. can of tomatoes for \$1.69 vs. 29 oz. can of tomatoes for \$2.29)



Planning and Shopping *continued*

ACTIVITY 2

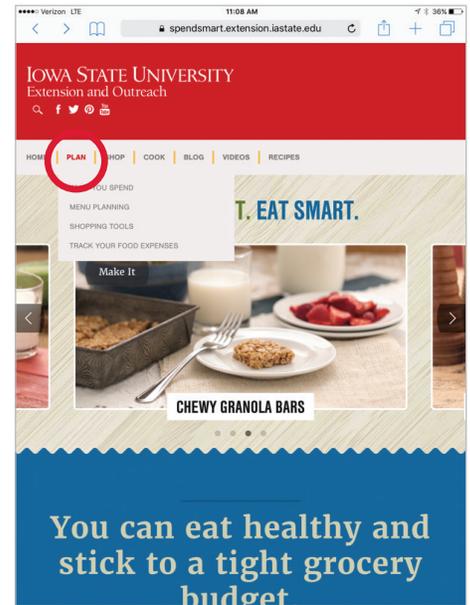
- 1 Pull up the Spend Smart. Eat Smart. webpage on your device.

“Now I would like to show you a feature of the Spend Smart. Eat Smart webpage which is a section devoted to planning.”

- 2 Click on 'plan' at the top left of the webpage.

“In this section, you will find resources that will help you track your spending, various shopping tools, how to calculate what you currently spend, and resources for menu planning.”

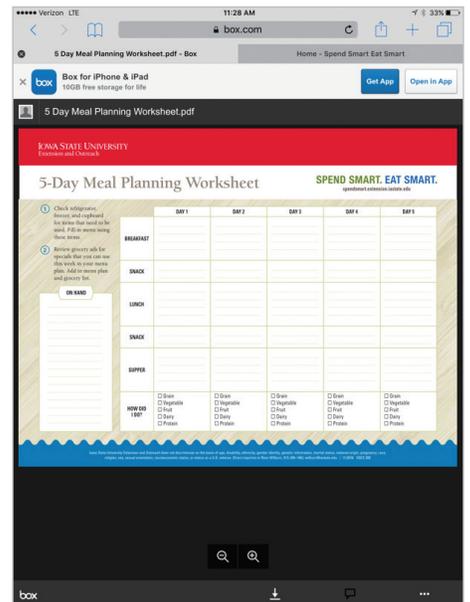
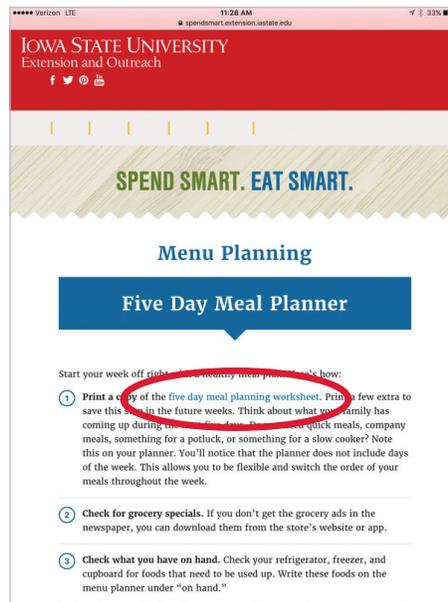
Today I am going to focus on menu planning.”



- 3 Click on menu planning and choose the 'five day meal planner'.

“Under menu planning there is a worksheet called the 5-day meal planning worksheet. You can print this worksheet off at home and use it to help you plan your meals for 5 days at a time. This worksheet can help make meal planning easier for you and your family.”

- 4 If you have personally used the worksheet you can give a brief testament or use an example of menu planning to share with participants.



Fruits & Vegetables

ACTIVITY 1

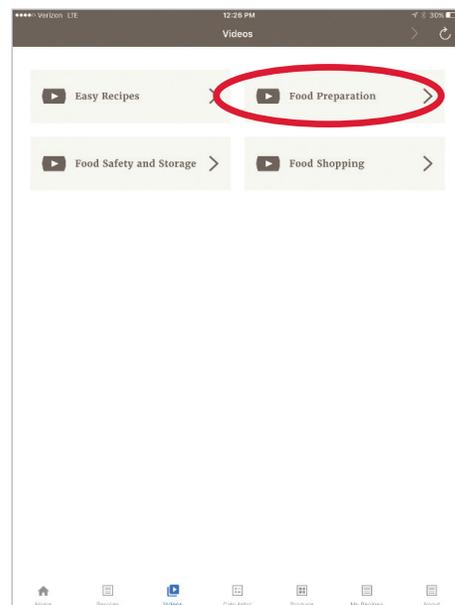
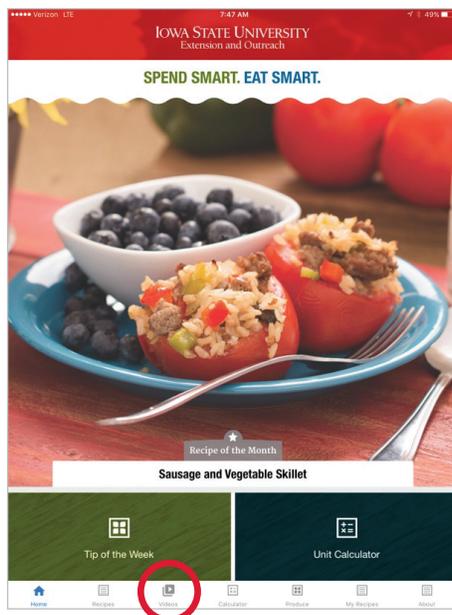
- 1 Pull up the Spend Smart. Eat Smart. app on your device.

“Today I am going to show you where to find videos on how to prepare various fruits and vegetables. First go to the videos section on the bottom of the app.”

- 2 Click on videos at the bottom of the app.

“You’ll notice video subsections but the one that we want to focus on is food preparation.”

- 3 Click on ‘food preparation’.



“You will notice there are several videos on how to prepare different fruits and vegetables. These videos will be helpful if you have ever purchased a fruit or a vegetable that you are not quite sure how to cut or prepare.”

- 4 You can click on one of the videos to give your participant(s) an example of what the videos focus on.



Fruits & Vegetables *continued*

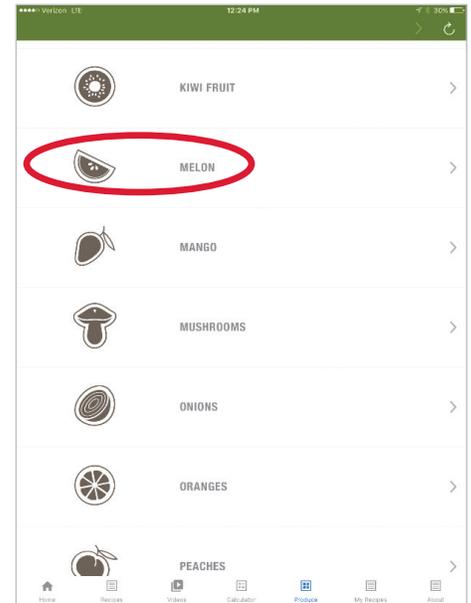
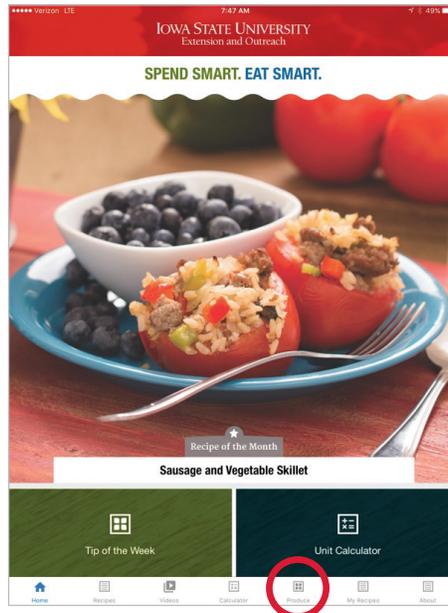
ACTIVITY 2

- 1 Pull up the Spend Smart. Eat Smart. app on your device.

“The Spend Smart. Eat Smart app has a great section called ‘Produce Basics’ which has numerous resources for a variety of fruits and vegetables.”

- 2 Click on the ‘produce’ tab on the bottom of the app.

“You will notice the produce section of the app lists a number of fruits and vegetables. I am going to click on ‘melon’ today to show you some different resources.”

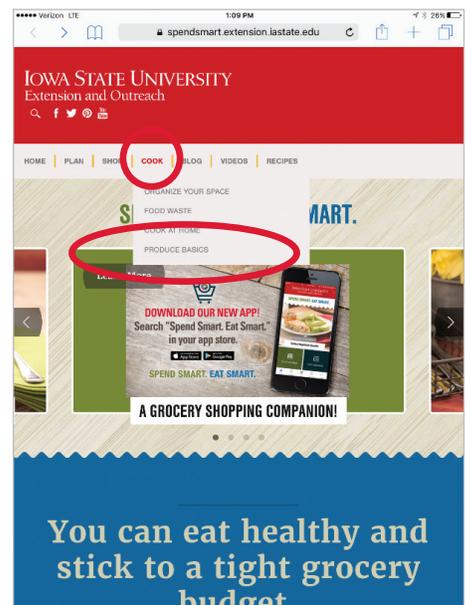


- 3 Scroll down to ‘melon’.

“When I click on melon, you will notice several resources pop up including: preparation, storage, recipes, and printable PDFs.”

- 4 Switch your screen to the Spend Smart. Eat Smart. webpage.

“The Spend Smart. Eat Smart webpage also has a produce basics section. It can be found under the ‘cook’ tab and is called ‘Produce Basics’. The webpage has the same produce information as the app.”



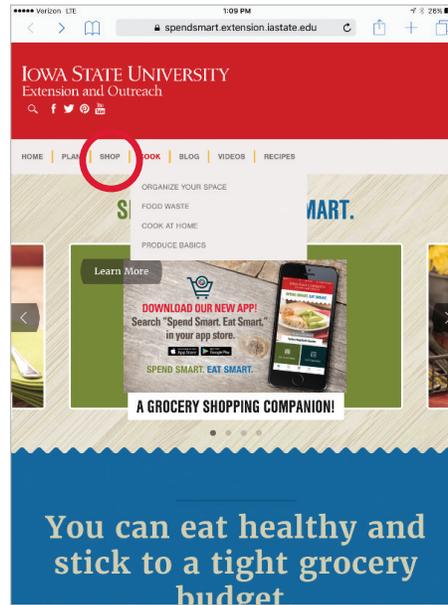
Whole Grains

ACTIVITY 1

- 1 Pull up the Spend Smart. Eat Smart. webpage on your device.

“I would like to show you where to find more information on grains on the Spend Smart. Eat Smart webpage. Choose the ‘shop’ tab on the webpage and then click on ‘aisle by aisle.’”

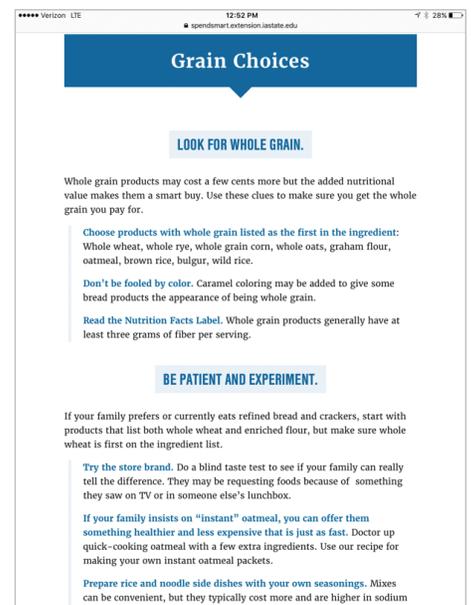
- 2 Point out where ‘aisle by aisle’ is located on the page.



- 3 Scroll down to the section labeled ‘grains’.

“Next we will scroll down to find the ‘grains’ section. The grains section can be printed as a PDF and has various information regarding how to choose whole grains, preparation, storage, and how much we should aim to get every day based off of MyPlate.”

- 4 Show where the PDFs can be printed off.



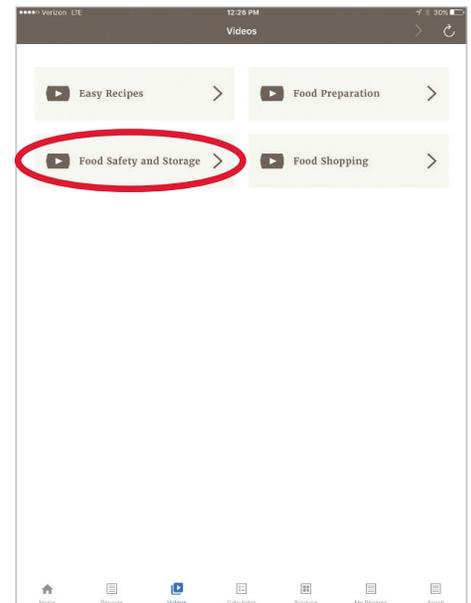
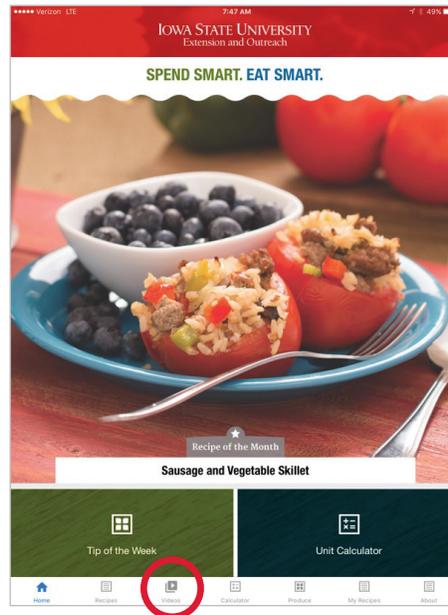
Whole Grains *continued*

ACTIVITY 2

- 1 Pull up the Spend Smart. Eat Smart. app on your device.

“The Spend Smart. Eat Smart app has another resource I would like to share with you regarding food safety and storage.”

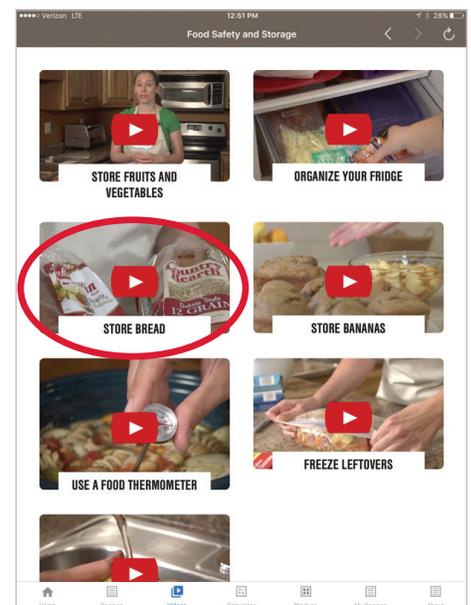
First you will choose the ‘videos’ tab at the bottom of the app. Next click on ‘food safety and storage’.”



- 2 Point out the ‘store bread’ video.

“This short video called ‘store bread’ gives helpful tips on the best ways to store your bread to ensure the best quality. Be sure to check out some of the other food safety and storage videos to gain tips on how to safely store other common food items that may be in your home.”

- 3 Click on the ‘store bread’ video to play the first segment to give the participant (s) an idea of the video content.



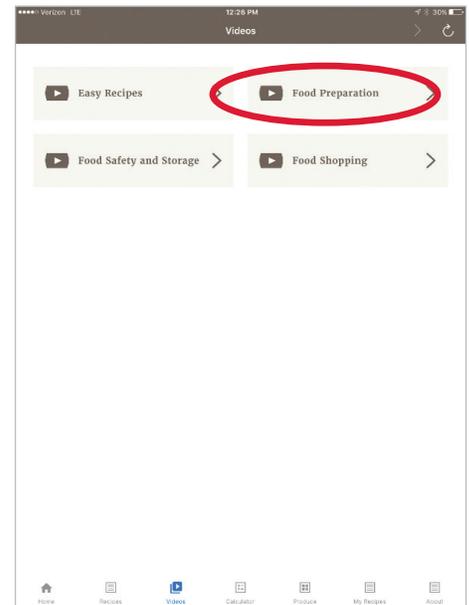
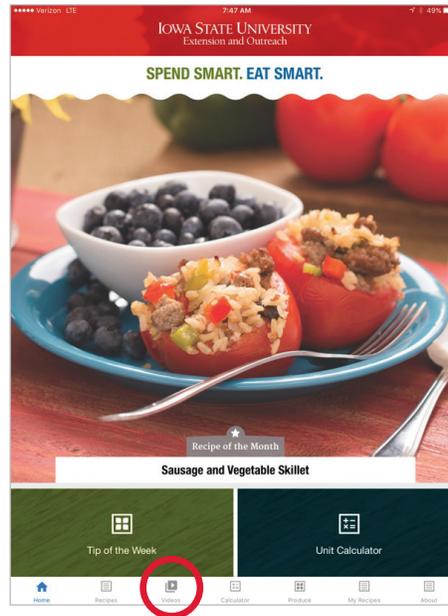
Protein

ACTIVITY 1

- 1 Open the Spend Smart. Eat Smart. app on your device.

“A great idea on how to prepare ground beef at home to get rid of extra fat is to drain the ground beef after browning.

To locate the video on Spend Smart. Eat Smart., we will go to the bottom of the app’s home page and click on ‘videos’. Next click on ‘food preparation’.

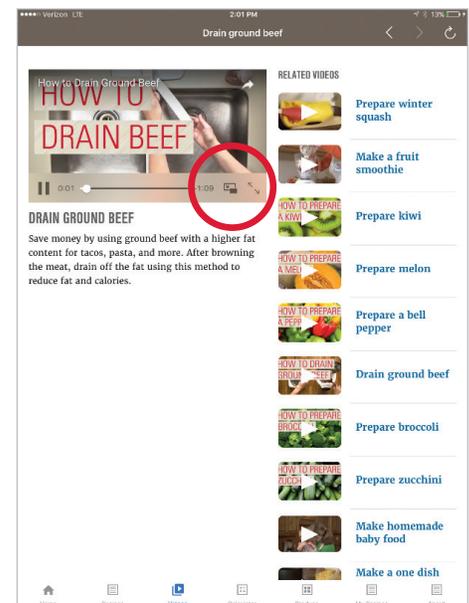


- 2 Scroll through the videos until you find ‘drain ground beef’.

“Some of the protein foods that we purchase at the store may contain more fat than others. Draining the ground beef will help eliminate extra fat and help you save money without having to purchase leaner ground beef from the grocery store.”

- 3 Before clicking on the video highlight where the video can be enlarged to full screen.

- 4 You can choose to play the entire video or a short segment before moving on.



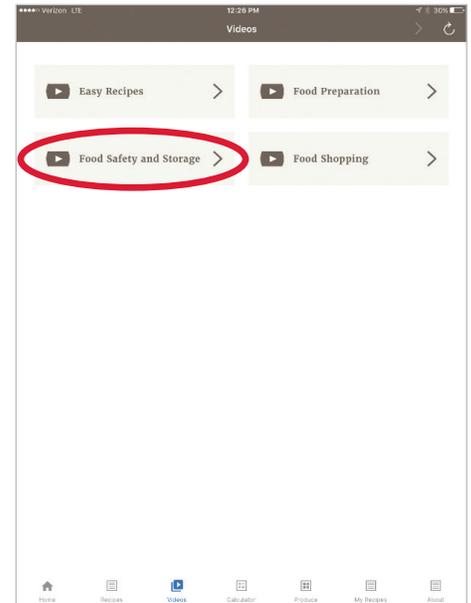
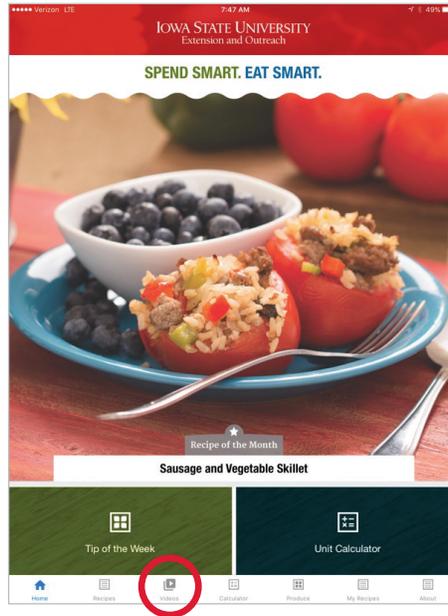
Protein *continued*

ACTIVITY 2

- 1 Open the Spend Smart. Eat Smart. app on your device.

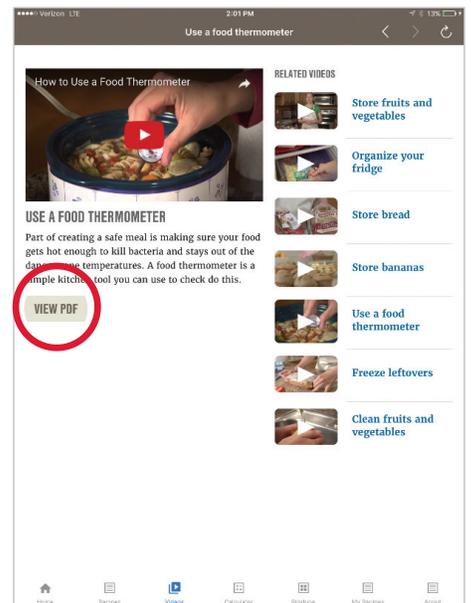
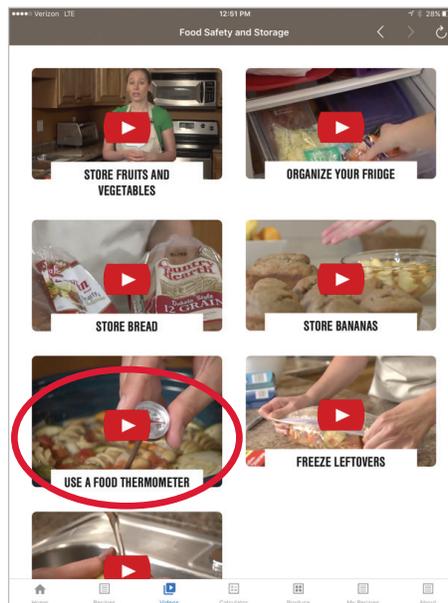
“Making sure our food is cooked to a safe internal temperatures is an important aspect of food safety. I am going to show you where to find a video on the Spend Smart. Eat Smart app on how to properly use a food thermometer at home.

To access the video, we first click on 'videos' and choose the section called 'food safety and storage'.”



“This particular video also has a PDF that can be printed as a reference. Underneath of the video, there is a PDF option. You can download and print off a hardcopy on how to use a food thermometer while cooking at home to ensure that your food is safe to eat.”

- 2 Click on 'view PDF' to show the printable handout option.



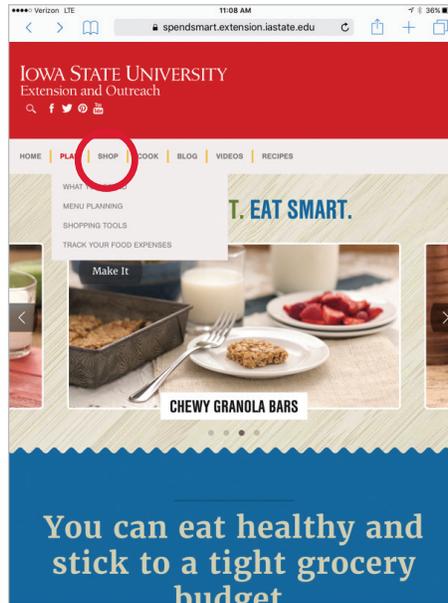
Dairy

ACTIVITY 1

- 1 Open the Spend Smart. Eat Smart. webpage on your device.

“I would like to show you where to find more information on dairy on the Spend Smart. Eat Smart webpage. Once you open the webpage, choose the ‘shop’ tab on the top left and then click on ‘aisle by aisle’.”

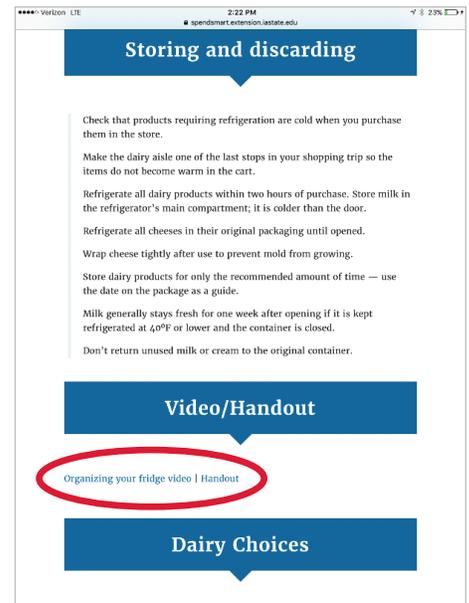
- 2 Point out where ‘aisle by aisle’ is located on the page.



- 3 Click on ‘dairy’.

“The dairy section has various information regarding dairy choices, storage, and how much we should aim to get every day based off of MyPlate.”

The video for dairy is on organizing your fridge. This video will help give you tips on saving money and how to have less food waste. A handout can also be printed off to use as a reference guide.”



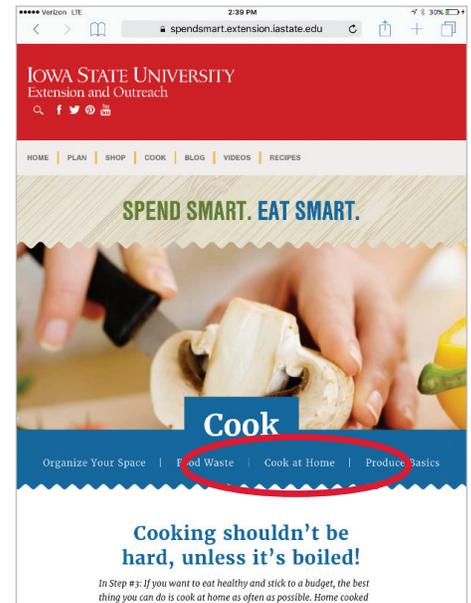
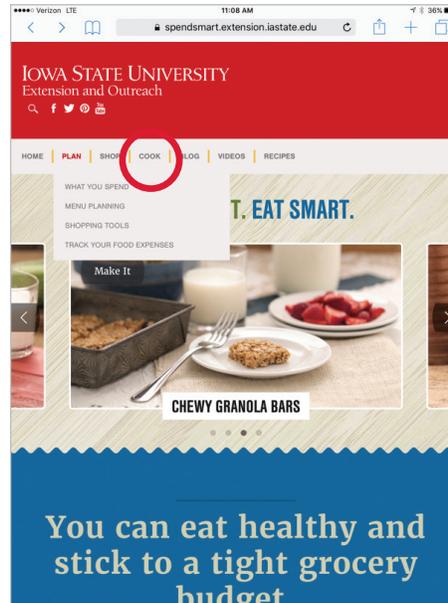
Limiting Fats, Sugars, and Salt

ACTIVITY 1

1 Open the Spend Smart. Eat Smart. webpage.

“Today I am going to show you a section of the Spend Smart. Eat Smart. webpage that touches base on cooking at home. Once you open the home page, click on the ‘cook’ tab on the top left hand side. You will notice several subsections but we are going to focus on ‘cook at home.’”

2 Click on ‘cook at home’ to pull up the section.



“This section of the webpage has great information on meal planning, recipe terms and definitions, how to use a recipe, slow cooker meals, and using planned-overs. We’re going to look at the ‘use planned-overs’ handout today.”

3 Scroll down to videos/handouts and click on ‘use planned-overs’ PDF.

“This PDF has a 2 week example of how to plan for multiple meals using some of the same ingredients.”

4 Highlight how cooking at home can cut back on spending and can ensure healthier options for meal time.



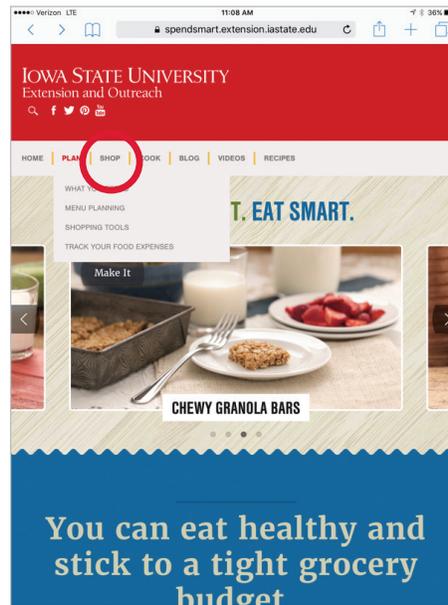
Limiting Fats, Sugars, and Salt *continued*

ACTIVITY 2

- 1 Return to the Spend Smart. Eat Smart. homepage.

“I am also going to show you where to access more information regarding food labels. One important piece of food labels is to look at our fats, sugars, and salt. This next section on food labels can be another great resource for you to use at home or at the grocery store.”

- 2 Click on the 'shop' section and point out the 'food labels' tab.

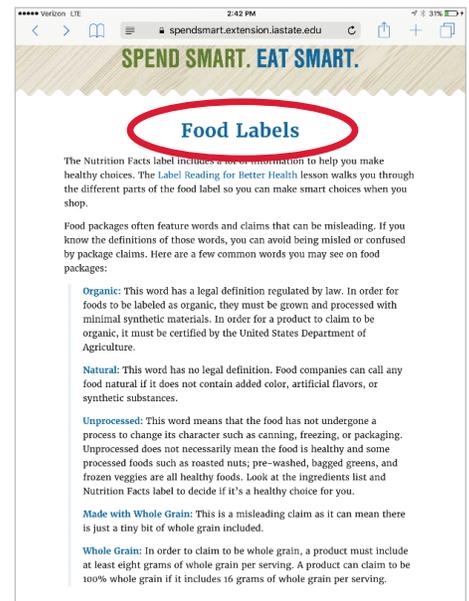


“The food labels section of Spend Smart. Eat Smart helps walk you through definitions of words that can be misleading or confusing when it comes to food packaging. This section highlights the importance of understanding how to read your food labels to choose the best option when purchasing food for yourself and your family.

Another helpful part of this section is on dates. This section refers to understanding what the wording means when it comes to dates on food packaging. For example, 'sell-by' is typically found on perishable items like meat, seafood, poultry, and milk. The sell-by date is for stores to know how long they can display a particular product. This does not necessarily mean that the food has spoiled depending on whether you have properly stored the item.

I hope that these two tools will be helpful when it comes to cooking at home and shopping at the store.”

- 3 Highlight an example that you personally experienced or heard from a participant around checking food labels or dates of food items.



How to Save Recipes

ACTIVITY 1

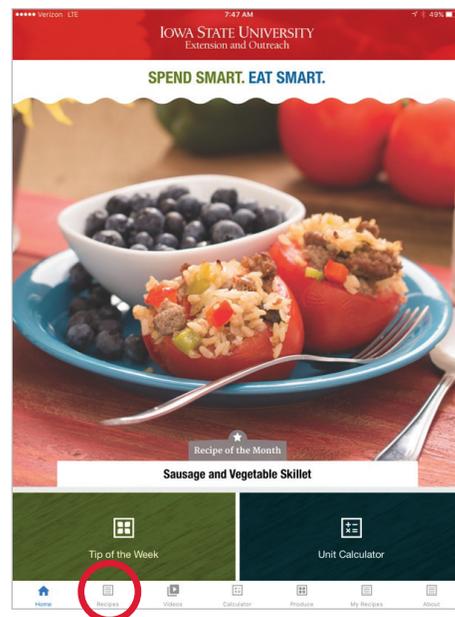
“Another great function on the Spend Smart. Eat Smart app is the ability to save recipes.”

1 Pull up the Spend Smart. Eat Smart. app home screen.

“Today I am going to show you how you can create your own group of favorite recipes from the Spend Smart. Eat Smart app so that they are easy to access without having to continually search for them each time.

To create our recipe list, we first go down to the ‘recipes’ tab at the bottom of the app. This will allow us to search for recipes to add to our favorites list on the app.”

2 Click on ‘recipes’ to pull up the ‘recipes’ section on the app.



“As an example I am going to click on the section labeled ‘freezes well’ since I love having meals that I can make ahead of time and freeze for quick meals during the week.”

3 Click on ‘freezes well’ to pull up recipes from that subsection. Feel free to click on any section to use as an example.



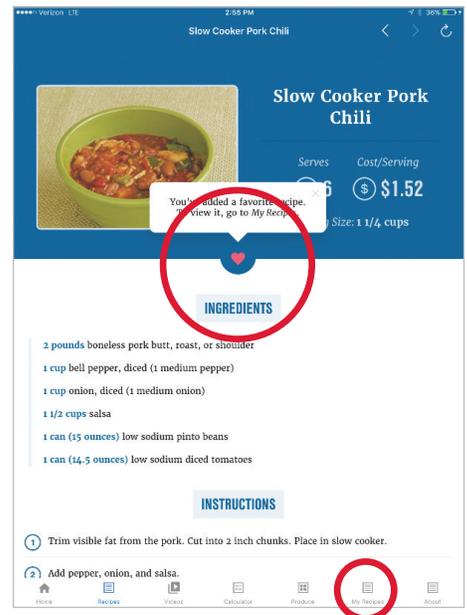
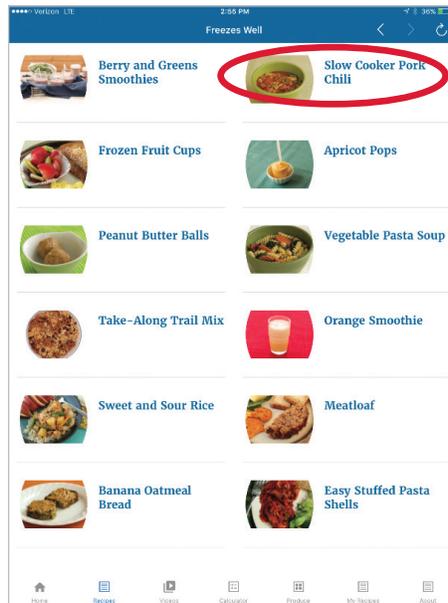
How to Save Recipes *continued*

ACTIVITY 2

“You will notice several options under the ‘freezes well’ category. I am going to choose the *Slow Cooker Pork Chili* to add to my favorite recipes on the app.”

1 Click on ‘*Slow Cooker Pork Chili*’ recipe to open in app.

“Now that I have the recipe for the chili open, you’ll notice a small heart located beneath the picture and the serving amounts. If we click on that heart, the recipe will be marked as a favorite recipe and added to the section labeled ‘my recipes’.”



“To access your favorite recipes, click on the small icon at the bottom right of the app labeled ‘my recipes’.”

2 Open up ‘my recipes’ to show how it works.

“When I open up ‘my recipes’ you’ll see the chili that we just added plus a few of my other favorite recipes. This is a great tool to use when you have tried a recipe that you enjoy or find a recipe that you want to try.

Hopefully this will make meal time even easier so that you don’t have to take as much time to search for some of those favorite family meals.”

