

Grocery Shopping



Developed by Public Health Dietitians
Alberta Health Services

Audience: Newcomers to Canada
Who presents: Community group leaders and educators
Length: 45-60 minutes

Outcomes

- By the end of this presentation, participants will:
1. will acknowledge the cultural diversity in grocery shopping and healthy eating practices
 2. recognize that grocery stores are the best places to shop for food in Canada.
 3. become familiar with the grocery shopping process in Canada.
 4. be able to recognize healthy food and drinks at the grocery store.
 5. identify ways to spend less money when buying healthy food.
 6. become familiar with storing food safely at home.

This presentation is part of the Newcomer Nutrition Education Toolkit:
www.ahs.ca/nutrition/Page10982.aspx

Materials needed/Introduction

- Laptop and projector

Handouts

- None

Optional Handouts (can be used by instructor for further information or for the students as appropriate). More handouts available from: www.healthyeatingstartshere.ca; Click “*Healthy Eating Resources*”

- Grocery Shopping the Healthy Way (AHS) www.ahs.ca/assets/info/nutrition/if-nfs-grocery-shopping.pdf
- Healthy Grocery List (AHS) www.ahs.ca/assets/info/nutrition/if-nfs-healthy-grocery-list.pdf
- Tips for Food Safety (AHS) www.ahs.ca/assets/info/nutrition/if-nfs-tips-food-safety.pdf
- Tips to Spend Less Money on Food (AHS) www.ahs.ca/assets/info/nutrition/if-nfs-tips-to-spend-less-money-on-food.pdf
- Recipes (AHS) Web link: www.ahs.ca/nutrition/Page10996.aspx

The notes pages are intended to be a guide for the facilitator to present the material; they are not a formal script for each slide. The “*Background Information for Facilitator*” sections provide further details to the presenter on a particular topic which may assist with questions from the audience.

You will find some of the following prompts on some slides:

- ★ **Discussion** – these notes provide suggestions/ideas for group discussion

Welcome!



Outcome:

Key Messages:

Facilitator Notes:

- Today we will be talking about shopping for food in Canada. Please share your ideas and experiences if you want to.
- This presentation was made by dietitians. A dietitian is a person who is an expert on food and how food is used in the body.

Background for facilitator:

- Public health dietitians have expertise in nutrition, food systems and related public health sciences (DC, 2010). Public health nutrition encompasses the assessment, planning and implementation of services for enhancement of population health and prevention of nutrition-related diseases (DC, 2010).
- In Alberta, dietitians must meet specific education requirements to provide advice, counseling and instruction about food and diet. Dietitians must be registered with the College of Dietitians of Alberta (www.collegeofdietitians.ab.ca/) and they must take part in continuing education each year to ensure they keep up with new evidence and practice standards.

In Your Home Country...



Man wears blue, [Maurício Mascaro, CCO](#)

Outcome: Audience will acknowledge the cultural diversity in grocery shopping and healthy eating practices.

Key Messages:

- Grocery shopping and healthy eating practices differ among countries.

Facilitator Notes:

★**Discussion** – Depending on the participants' English language proficiency, ask a selection of the following questions to facilitate discussion about intercultural differences in grocery shopping.

- In your home country, where do people buy food?
- In your home country, how often do people buy food?
- Is shopping for food in Canada different? How?
- Is it easy to find the food you need in Canada? Is it hard?
- Are there foods in the store that you have not seen before? What are they like?

Background Information for Facilitator:

- This presentation introduces newcomers to Canadian food culture and recommended healthy eating practices, while encouraging learners to maintain healthy habits from their countries of origin.
- It would be impossible to include preferred foods and practices of all learners in a classroom due to Canada's rich cultural diversity. However, acknowledging the variety of cultures through examples that resonate with learners is important.
- With healthy eating knowledge, most meals (including traditional dishes), can be adapted to be healthier. E.g. by including more vegetables and switching to whole-grain options.

In Canada...

- Life is different here
- Food is sold in many places
- Choose food that is good for your body

This will help you **stay healthy!**



Outcome: Audience will become familiar with grocery shopping in Canada.

Key Messages:

- Food is sold in many places in Canada.
- Making good food choices is important for good health.

Facilitator Notes:

- In Canada, buying food may be different from your home country. Here, you can find many kinds of food in many different places. For example:
 - Food stores (like grocery stores or convenience stores)
 - Recreational places (like pools or gyms)
 - Restaurants (like fast food restaurants)
- It is important to choose food that is good for your body. This will keep you from getting sick.

★**Discussion** - presenter asks the question “Do you know the word ‘healthy’?”

Answer: *Healthy means to have good health (feeling strong, having energy). Being healthy also means to be free from sickness. Healthy food is food that is good for your heart and body. Healthy food helps kids to grow, and helps prevent some common illnesses in Canada (HC, 2019a). In this presentation we will talk about how to choose healthy foods.*

Where to Buy Food

Grocery stores have many types of foods.

Examples:



Outcome: Audience will recognize that grocery stores are the best places to shop for food in Canada.

Key Messages:

- Grocery stores are the best places to buy food.
- Some foods may be new to you. Some foods may be similar to the ones you found at home before you moved to Canada.

Facilitator Notes:

- Grocery stores are the best places to buy food. They are big, indoor markets and have many different healthy foods that you can buy. Some also sell clothes and items for your house.
- Foods in grocery stores may cost less than food from other places like gas stations, corner stores, restaurants.
- Grocery stores have a lot of different names (*presenter can refer to the examples of grocery stores in their community*). You can go to the one that is closest to your house, or the one you like best.
- Some grocery stores are near bus routes. You may also want to grocery shop with a family member or friend and share the cost of travel.

Food from your Home Country

- Grocery stores may sell some food from your country
- Other specialty stores may sell more familiar foods



Outcome: Audience will become familiar with grocery shopping in Canada.

Key Messages:

- Grocery stores may sell some food from your home country.
- Other stores may sell more foods from your home country, but these foods may cost more.

Facilitator Notes:

- Large grocery stores may sell **some** foods from your home country. Many foods may be new to you and may look different than what you have seen before.
- At large grocery stores, foods from your home country may be found in a special aisle or in different parts of the store.
- Other stores may carry foods that are specific to a country, culture or religion (*presenter can refer to the picture examples on the slide*). These smaller stores may have **many** foods from your home country.
- Foods in specialty stores may cost more in Canada than they did in your home country.

★**Discussion** – *presenter asks the question(s):*

- *Have you shopped for food in Canada? How did it go?*
- *Were you able to find the food you needed?*

Grocery Shopping

- Make a list



Outcome: Audience will become familiar with grocery shopping in Canada.

Key Messages:

- Making a list of foods that you need for the week can help you in the grocery store.

Facilitator Notes:

- Many Canadians do not shop for food every day. Grocery stores are farther away from our houses. Refrigerators and freezers at home allow us to store food so we don't need to shop every day.
- Making a list of foods you need for the week can help you in the grocery store. Write down what you need to buy on paper so you do not forget.
- **Tip*** At some stores you may need to buy bags for your food. You can save money by bringing your own bags.

Background Information for Facilitator:

For more tools and information on shopping for healthy food and meal planning, visit:

www.ahs.ca/nutrition/Page5620.aspx

Finding What You Need



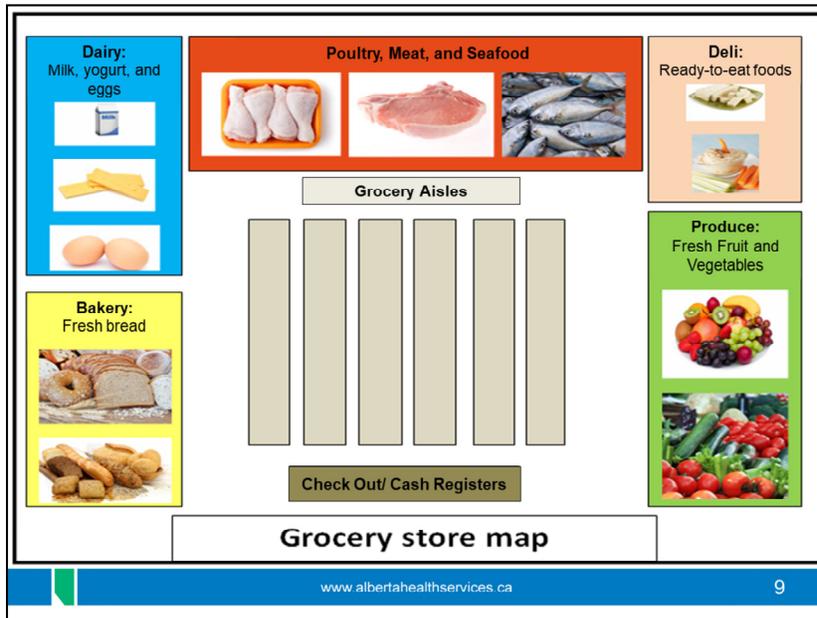
Outcome:

Key Messages:

Facilitator Notes:

This slide is a title page to introduce the next section on finding foods at the grocery store.

- Next, we will talk about where to find food in the grocery store.



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- The same kinds of foods are grouped together in the grocery store.

Facilitator Notes:

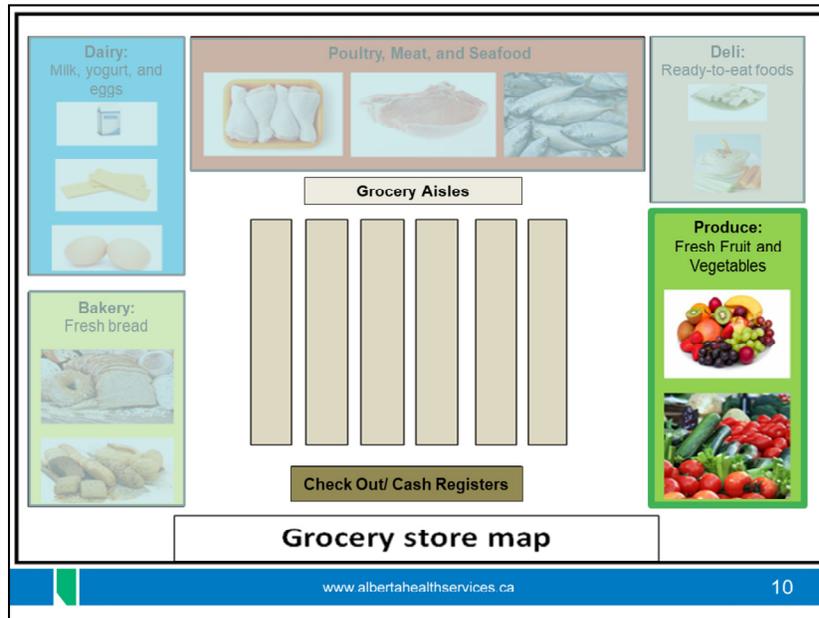
This slide shows an example of what a Canadian grocery store could look like. Every store is different, but

- Grocery stores group foods together. We will talk about what kinds of foods you will find in each part of the store.

Background Information for Facilitator:

For more tools and information on shopping for healthy food and meal planning, visit:

www.ahs.ca/nutrition/Page5620.aspx



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- The same kinds of foods are grouped together in the grocery store.

Facilitator Notes:

- Fresh vegetables and fruits are found in the area marked “produce” (*presenter can point to the word “produce” on the slide*).
- Vegetables and fruits are healthy. They help our bodies to work well, and keep our hearts, gut and whole body healthy. (HC, 2019b) Eating vegetables and fruits can keep you and your family from getting sick (HC, 2019a).
- Eat vegetables and fruits every day. Try to eat vegetables and fruits with every meal.

Background Information for Facilitator:

For more information on choosing and preparing vegetables and fruits, visit:

www.ahs.ca/nutrition/Page5621.aspx



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- The same kinds of foods are grouped together in the grocery store.

Facilitator Notes:

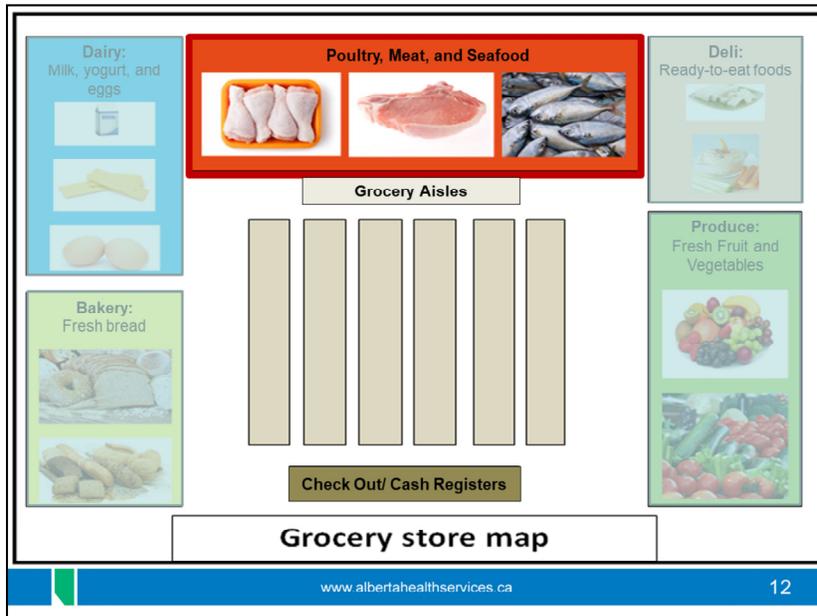
This slide shows an example of the types of food found in the “produce” section.

- Fresh vegetables and fruits can be found in the produce section of all grocery stores. This also includes fresh herbs and spices.

Background Information for Facilitator:

For more information on choosing and preparing vegetables and fruits, visit:

www.ahs.ca/nutrition/Page5621.aspx



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- The same kinds of foods are grouped together in the grocery store.

Facilitator Notes:

- Fresh chicken, turkey, beef, pork, lamb and fish can be found in the area marked “meat” (*presenter can point to the word “meat” on the slide*).
- Meat from different parts of the animal can be bought. For example, stores can sell the whole chicken, chicken legs, and chicken breast.
- Some types of meat such as goat, may need to be bought at a smaller specialty store. Goat meat is not common in Canada. You may find goat meat at a butcher, meat shop or a Halal shop.
- Halal meat is sold at some grocery stores and specialty stores. Look for the word ‘Halal’ on the package of meat.
- We only need to eat a small amount of meat (HC, 2019b). Meat keeps our blood healthy (HC, 2019c) and helps our body to build muscle. (DC, 2019a)
- Beans, lentils, eggs, nuts and tofu are healthy for everyone and can be eaten instead of meat (HC, 2019a). These foods keep our heart healthy (HC, 2019b) and they also help us build muscle. (DC, 2019a) We will talk about where you can find beans, eggs, nuts and tofu later.



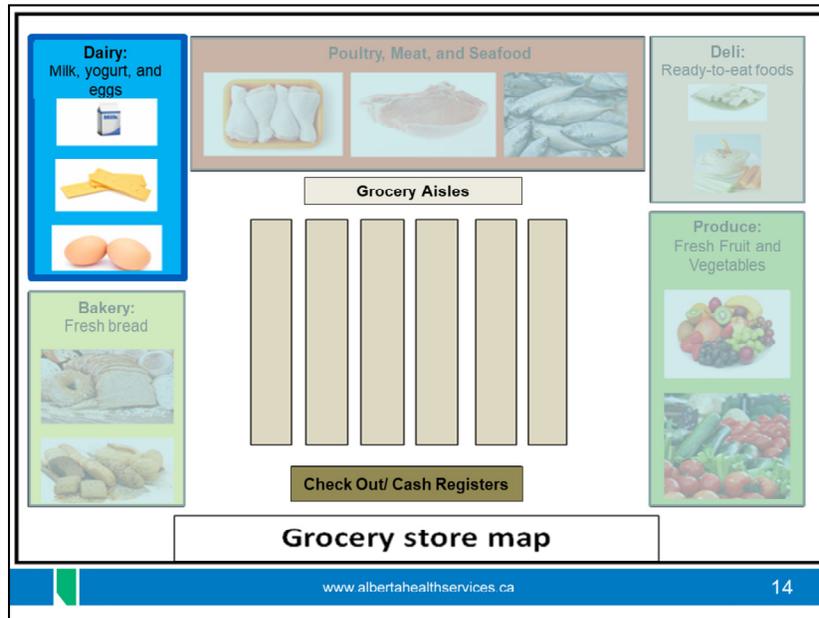
Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- The same kinds of foods are grouped together in the grocery store.

Facilitator Notes:

This slide shows an image of the types of foods in the “meat” section of a grocery store.



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- The same kinds of foods are grouped together in the grocery store.

Facilitator Notes:

- Milk, cheese, yogurt, kefir (fermented cow’s milk drink that tastes fairly sour), soy beverage and eggs can be found in the area marked “dairy” (*presenter can point to the word “dairy” on the slide*).
- Foods like milk, yogurt, fortified soy beverage, kefir and cheese are good for our bones and teeth (IOM, 2011).
- If you do not eat gelatin, look for the word “pectin” on the yogurt package. “Pectin” is from fruit (*found naturally in some fruit*) and means the yogurt will not have gelatin. *Presenter can write “pectin” on a chalkboard, whiteboard, or flipchart.*



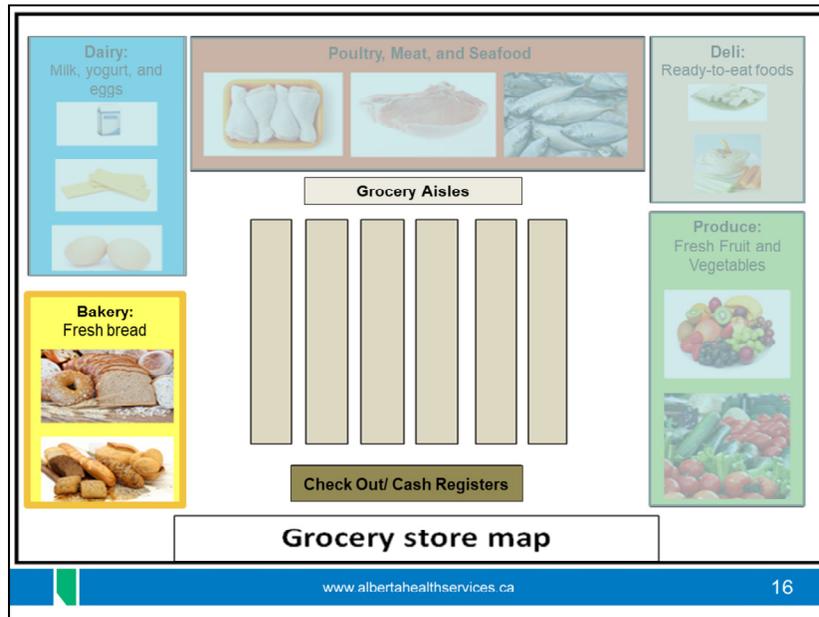
Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- The same kinds of foods are grouped together in the grocery store.

Facilitator Notes:

This slide shows an image of the types of foods found in the “dairy” section.



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- The same kinds of foods are grouped together in the grocery store.

Facilitator Notes:

- Fresh bread, tortillas, pita bread, and naan are found in the area marked “bakery” (*presenter can point to the word “bakery” on the slide*).
- These foods give us energy for our bodies and brain. They help us to think at work or school. (Berg, 2002)
- Whole grains are best for our body (HC, 2019a). Later we will talk about whole grain foods and how to find them at the grocery store.
- The fibre in whole grains can lower your risk of: (HC, 2019b)
 - stroke
 - colon cancer
 - heart disease
 - type 2 diabetes
- Whole grains are best for our body (HC, 2019a). Later we will talk about whole grain foods and how to find them at the grocery store.

Background Information for Facilitator:

- There are many foods made from grains: rice, breads, cold and hot cereal (oats), pita, tortillas, noodles, couscous, bulgur, barley and more. All of these types of foods give us energy and help our brain to think.
- Loose grains (e.g. rice or barley), pasta, and cereals are typically found in the centre aisles of the store.



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

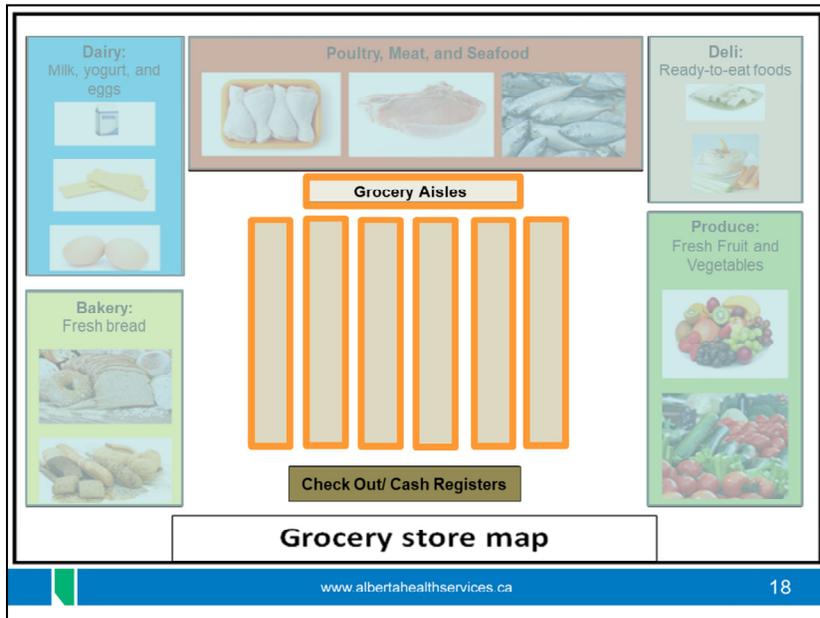
- The same kinds of foods are grouped together in the grocery store.

Facilitator Notes:

This slide shows an image of the types of foods found in the “bakery” section.

Background Information for Facilitator:

- There are many foods made from grains: rice, breads, cold and hot cereal (oats), pita, tortillas, noodles, couscous, bulgur, barley and more. All of these types of foods give us energy and help our brain to think.
- Loose grains (e.g. rice or barley), pasta, and cereals are typically found in the centre aisles of the store.



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Canned, packaged, frozen and bulk foods can be found in the centre aisles of the grocery store.

Facilitator Notes:

- Canned, packaged, frozen and bulk foods are often found in the centre aisles of the grocery store. We will talk about these foods next.



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Canned, packaged, frozen and bulk foods can be found in the centre aisles of the grocery store.

Facilitator Notes:

This slide shows an image of the “centre aisles” section of the store.

Find Foods

Canned



Bulk



Packaged



Fresh



Frozen



All of these can be healthy choices!

Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Healthy food can be fresh, frozen, packaged, canned, or bulk.

Facilitator Notes:

- Many places in Canada can only grow fresh vegetables, fruits and other healthy food during the summer when it is warm. This may be very different from your home country where you can grow fresh food in all the months of the year.
- Fresh food may be harder to find in the winter when it is cold. Fresh food may also cost more money in the winter.
- To help Canadians have healthy food in all seasons, vegetables, fruits and other healthy food are put into cans and packages (*presenter can use the examples shown on the slide*). In the winter, buying canned and frozen food may cost less.
- Canned or frozen vegetables and fruits are picked in warmer months when they are best. They are cleaned and sometimes cut up. The cans do not let any air in them, so the vegetables and fruits can last a long time on a shelf. Freezing vegetables and fruits also makes them last a long time as long as they are kept in the freezer.
- Canned, dried, or frozen foods might taste different than fresh. Canned, dried or frozen foods can still be healthy.
- Most grocery stores have signs that list what types of foods are in each aisle. This can help you find foods. For example, if you are looking for canned corn, look for the aisle that has “Canned Vegetables” listed on the sign.

Find Foods – Canned and Frozen

Choose canned and frozen foods with less sugar and salt



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Choose canned and frozen foods with less salt or sugar
- Rinse canned foods under water before using them to get rid of extra salt and sugar

Facilitator Notes:

*This slide shows examples of canned and frozen foods. Labels indicating healthy **canned fruit packed in juice**, and healthy **vegetables with no salt added** are highlighted with a green circle. Less healthy **canned fruit packed in syrup** is shown with a red circle and an “X”.*

- Canned and frozen foods can be healthy choices (HC, 2019a; HC, 2019b).
- Some canned and frozen foods may have salt or sugar added to them. Eating too much salt and sugar can cause you to get sick over time (HC, 2019a; WHO, 2015).
- Look for canned fruit that is packed in fruit juice rather than syrup. Look for frozen fruit with no added sugar (HC, 2019b). You can find this information on the food label.
- Look for ‘no salt added’ or ‘low salt’ canned vegetables and beans (HC, 2019b). Look for frozen vegetables with no salt added (HC, 2019b).

***Tip:** Rinse canned foods under water before using them to get rid of extra salt and sugar.

Find Foods



Outcome: Audience will become familiar with grocery shopping in Canada.

Key Messages:

Facilitator Notes:

- Imagine that we have made a grocery list with a few foods. We will use these foods to make our meals for the week.
- The next part of the presentation will show you where we can find the foods on our list.
- The first food we will look for is corn.

Find Foods - Corn

Fresh



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Most large grocery stores group food together into sections.
- Healthy food can be fresh, frozen, packaged, canned, or bulk.

Facilitator Notes:

- Fresh corn is found in the fresh vegetable and fruits section of the grocery store. This section of the store may be marked with the word “produce” (*presenter can refer to slide 9 or they can write the word “produce” down on a white board, chalk board or flip chart*).
- In winter and spring fresh corn may cost more because it comes a long distance from warmer countries. Sometimes there may not be fresh corn in the grocery store (for example during the winter months).

★ **Discussion** - *presenter asks the question “What other way can you buy corn at the grocery store?”*

Answer: *Corn can be bought in cans and frozen in packages.*

Find Foods - Corn

Canned



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Most large grocery stores group food together into sections.
- Healthy food can be fresh, frozen, packaged, canned, or bulk.

Facilitator Notes:

- Canned corn is often found in the centre of the grocery store with other canned vegetables.
- Canned vegetables are healthy as long as they do not have salt added to them (HC, 2019a; HC, 2019b).
- Canned corn is healthy for your body and may cost less than fresh corn. It also does not spoil or 'go bad' if it sits on the shelf at the grocery store or at home.
- If there is some corn left after you open the can, it must be stored in a closed container in the refrigerator (Government of Canada, 2014).

★ **Discussion** - presenter can ask the question(s):

- Have you tried canned vegetables? How did they taste?
- How did you use them?

Find Foods - Corn

Frozen



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Most large grocery stores group food together into sections.
- Healthy food can be fresh, frozen, packaged, canned, or bulk.

Facilitator Notes:

- Packages of frozen corn are found with other frozen vegetables in the freezer section of the grocery store.
- Frozen vegetables are as healthy as fresh. Corn and other vegetables that are frozen are picked when best and frozen right away.
- Frozen corn is healthy for your body and it may cost less. Frozen corn can stay in your freezer and it will not spoil as quickly as fresh corn.
- Look for frozen corn without added salt or sauces (HC, 2019a; HC, 2019b).

Find Foods



Outcome: Audience will become familiar with grocery shopping in Canada.

Key Messages:

Facilitator Notes:

- Next, we will look at where you can find milk in the grocery store.
- Milk can be bought in different kinds of packages.
- You might use a different type of milk depending on what you are cooking or eating (e.g. evaporated milk in a sauce or powdered milk in baking).

Find Foods - Milk and Soy Beverage

Fresh



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Most large grocery stores group food together into sections.
- Healthy food can be fresh, frozen, packaged, canned, or bulk.

Facilitator Notes:

- Most milk in Canada comes from cows. You can find fresh milk in the “cold” section marked “dairy” (*presenter can refer to slide 13 or they can write the word “dairy” down on a white board, chalk board or flip chart*). Fresh milk must be kept in the refrigerator at home.
- Soy beverage (a creamy beverage made from soy beans) can also be found in this section. Look for soy beverage that says “fortified” on the label. “Fortified” means that vitamin D and calcium have been added (HC, 2005).
- Milk and soy beverages are healthy foods that keep bones and teeth strong (IOM, 2011).

★ **Discussion** - *presenter asks the question “What other types of milk can you find at the grocery store?”*

Answer: *Answers may vary. Cow’s milk can be bought in cans and as a powder in packages.*

Background Information for Facilitator:

- Canada’s Food Guide includes fortified soy beverage as a healthy protein food along with lower fat cow’s milk (HC, 2019b). Other plant-based beverages (e.g. almond, hemp, rice) often have lower amounts of protein, and other important vitamins and minerals found in milk and soy beverage (AHS, 2014).

Find Foods - Milk

Packaged



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Most large grocery stores group food together into sections.
- Healthy food can be fresh, frozen, packaged, canned, or bulk.

Facilitator Notes:

- Milk can also be kept in cans. Some of the water is taken out of the milk before it is put in cans. Canned milk is called “evaporated milk” (*presenter can refer to the picture on the top right of the slide*). Canned milk or evaporated milk is often used in cooking or baking.
- If all the water is taken out of fresh milk, it becomes a dry powder (*presenter can refer to the picture on the bottom right of the slide*). This is called “powdered milk”. It can be mixed with water to make liquid milk, or the powder can be used in cooking or baking. Skim milk powder is an example of powdered milk.
- These kinds of milk may cost less than fresh milk. You can also keep them for longer, and they do not need to be in the fridge before they are opened or mixed with water.
- You will find both of these kinds of milk in the centre aisles of the grocery store.

Find Foods



Outcome:

Key Messages:

Facilitator Notes:

- Next, we will look at where you can find fish in the grocery store.
- You can buy fish in different kinds of packages.

Find Foods - Fish

Fresh



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Most large grocery stores group food together into sections.
- Healthy food can be fresh, frozen, packaged, canned, or bulk.

Facilitator Notes:

- Fresh fish can be found near the “meat” section of the grocery store. The meat section is often at the back of the store or the outside edge of the store.
- Fresh fish is a healthy choice.

★**Discussion** - presenter asks the question “What other way can fish be packaged at the grocery store?”

Answer: Fish can be bought frozen in packages and in cans.

Find Foods - Fish

Frozen



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Most large grocery stores group food together into sections.
- Healthy food can be fresh, frozen, packaged, canned, or bulk

Facilitator Notes:

- Frozen fish can be found in the freezer section of the grocery store within the inside aisles or at the back of the store.
- Look for frozen fish that does not have batter or breading (HC, 2019b). Batter or breading covers the fish to make it crispy. Fish with batter or breading often has a lot of extra fat and salt. Too much fat and salt is not good for our hearts (HC, 2019a).

Find Foods - Fish

Canned



Sardines
in Spring Water



Salmon

Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

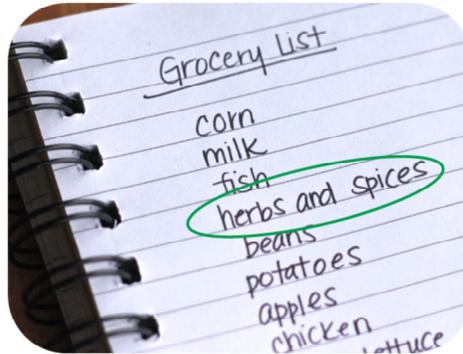
Key Messages:

- Most large grocery stores group food together into sections.
- Healthy food can be fresh, frozen, packaged, canned, or bulk.

Facilitator Notes:

- Canned fish is found in the inside aisles of the grocery store.
- Canned fish is a healthy choice (HC, 2019b).
- Look for canned fish that says “packed in water” on the label. This is better than canned fish that says “packed in oil”.

Find Foods



Outcome: Audience will become familiar with grocery shopping in Canada.

Key Messages:

Facilitator Notes:

- Next, we will look at where you can find herbs and spices in the grocery store.
- Herbs and spices are healthy for the body and give food flavor.
- Food made with familiar herbs and spices taste more like home!

Find Foods – Herbs and Spices

Fresh



Ginger



Basil



Cilantro



Garlic

Outcome: Audience will be able to choose healthy food and drinks at the grocery store.

Key Messages:

- Most large grocery stores group food together into sections.
- Herbs and spices can be purchased fresh, packaged or in bulk.

Facilitator Notes:

- Fresh herbs can be found in the “produce” section of the grocery store.
- Examples: parsley, basil, cilantro, mint, ginger root and garlic (*presenter refer to the pictures on the slide*).
- Fresh herbs and spices don't last very long. You can look for herbs and spices that have been dried. These last longer.

★ **Discussion** - *presenter asks the question “What other way can you buy herbs and spices at the grocery store?”*

Answer: *You can buy herbs and spices dried in packages or in bulk.*

Find Foods – Herbs and Spices

Dried



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Most large grocery stores group food together into sections.
- Herbs and spices can be purchased fresh, packaged or in bulk.

Facilitator Notes:

- Dried herbs and spices can be found in packages. They can also be found in bottles. Dried herbs and spices are found in the centre aisles of the store.
- You can find dried herbs and spices in different size packages. Bags (packages) of herbs and spices often cost less than jars (*presenter can use the picture to demonstrate the two different types*).
- Dried herbs last for a long time. You can store dried herbs and spices in your kitchen in a cupboard.

Find Foods – Herbs and Spices

Dried – Bulk Bins



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Most large grocery stores group food together into sections.
- Herbs and spices can be purchased fresh, packaged or in bulk.

Facilitator Notes:

- Bulk bins are big containers of loose dried food. Dried herbs and spices found in bulk may cost less than the jars or bags.
- When you need a very small amount you may want to buy it from the bulk bins.
- If you have a food allergy or celiac disease, foods from bulk bins may not be safe to eat. A little bit of food from one bin may travel to another bin if the same scoop is used.

★ **Discussion** - presenter asks the question “What herbs or spices do you often use in cooking? Do you usually buy fresh or dried?”

Answer: Answers will vary. Tell the audience that you may need to use a smaller amount of dried herbs when replacing fresh herbs in cooking.

Question

Where can I find pineapple at the grocery store?



Canned



Frozen



Fresh

Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Healthy food can be fresh, frozen, packaged, canned or bulk.

Facilitator Notes:

★ **Discussion** – presenter asks the question: “Where can you find pineapple in the grocery store?”

Answer: Answers may vary. Pineapple can be found canned, frozen or fresh.

Presenter clicks to bring in the next slide and answer to this question. Remind them that pineapple, like many foods, can be fresh frozen or canned.

Question

Where can I find pineapple at the grocery store?



Canned



Frozen



Fresh

Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Healthy food can be fresh, frozen, packaged, canned or bulk.

Facilitator Notes:

Pineapple, like many foods, can be fresh frozen or canned.

- Fresh pineapples are found in the fresh vegetable and fruits (produce) section of the grocery store. They may not be available fresh all months of the year.
- Canned pineapple is found on the shelves in the middle of the store (inside aisles). Canned pineapple can be found beside other types of canned fruit.
- Frozen pineapple is found cut up in packages in the freezer section of the grocery store beside other frozen fruit.
- All of these forms of pineapple are healthy. Remember to choose canned fruit that is 'packed in juice' or 'packed in water' instead of 'packed in syrup'.
- Choose frozen fruit that does not have any sugar added (HC, 2019b). This type of frozen fruit might say 'unsweetened' on the package.

What to Buy – Choose Healthy Foods



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

Facilitator Notes:

- Next we will talk about how to choose foods that are healthy for your body.

What to Buy – Vegetables and Fruits



Eat vegetables and fruits at every meal!



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Choose brightly coloured vegetables and fruits.
- Eat vegetables and fruits at each meal.

Facilitator Notes:

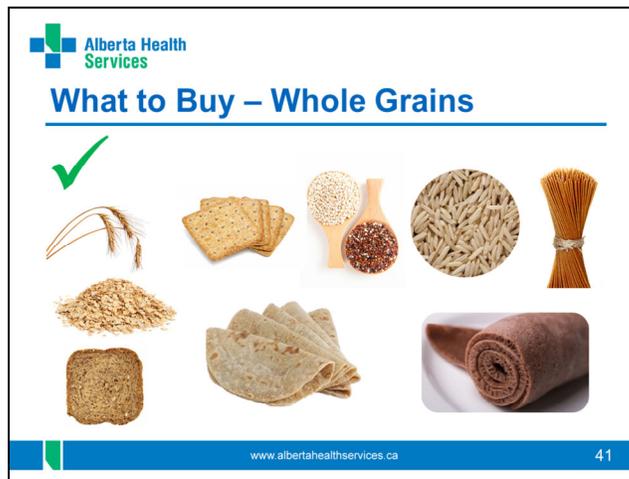
- Vegetables and fruits are very good for your body (2019a; 2019b). They help our bodies to work well, and keep our hearts, gut and whole body healthy. (HC, 2019b) Eating vegetables and fruits can keep you and your family from getting sick (HC, 2019a).
- Different colored vegetables and fruits help your body in different ways. It is important to eat lots of different vegetables and fruits.
- The vegetables and fruits found in Canada may not be the same as what you are used to in your home country.
- Remember, you can buy vegetables and fruits that are fresh, canned or frozen – all are healthy.

Canned fruit

- For canned fruit, you want to look for fruit packed with juice or water (HC, 2019b).
- You do not want to pick fruit packed in syrup. This has a lot of sugar (HC, 2019b).

Canned or frozen vegetables

- Look for cans that say “no added salt”. It is not good for our body to have too much salt (HC, 2019a; HC, 2019b).
- Look for frozen vegetables with no sauces or salt added (HC, 2019b).



Outcome: Audience will be able to choose healthy food and drinks at the grocery store.

Key Messages:

- Choose whole grain products most often.

Facilitator Notes:

- All grains give us energy and help our brains to think. (Berg, 2002)

Whole Grains:

- Whole grain foods have more things in them to keep our bodies healthy. These foods have been made with all the parts of a grain. Whole grain foods have more fibre. Fibre helps your body with digestion and helps to keep your heart healthy (HC, 2019a).
- Choose breads and grains that are a darker color. A darker color often (not always) means that the food is a whole grain, or is made with whole grains. Look on the package for the words “whole grain”.
- Examples of whole grain foods are brown pita, brown naan, brown pasta, and brown rice.

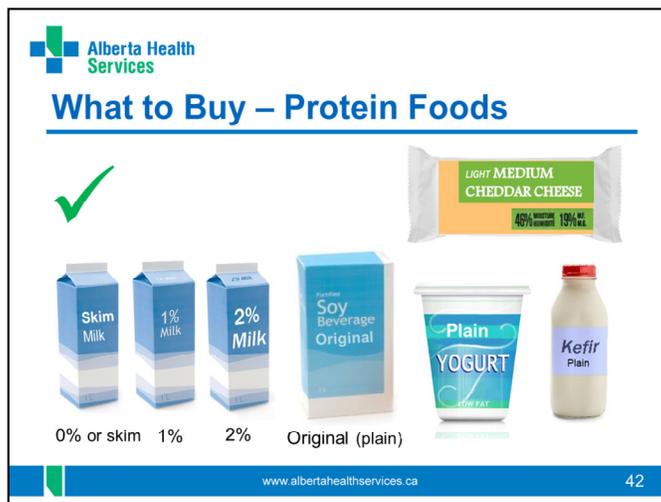
White – Not Whole Grains

- White bread, white pasta, white crackers and white rice are not whole grains. Only a small part of the grain is used to make these foods. They do not have all the good things (vitamins, minerals and fibre) that are found in whole grain foods.

Background Information for Facilitator:

For more information on whole grains and the benefits of fibre, refer to Nutrition Services handouts:

- Choose Whole Grains (AHS)
www.ahs.ca/assets/info/nutrition/if-nfs-hesh-st-choose-whole-grains.pdf
- Fibre Facts (AHS)
www.ahs.ca/assets/info/nutrition/if-nfs-fibre-facts.pdf



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Choose lower fat, unsweetened milk, milk products and fortified soy beverage (HC, 2019b).

Facilitator Notes:

*The slide shows examples of healthy milk products. Adults should choose **lower fat** milk products, **plain** yogurt and **light** cheese more often.*

- The foods shown on this slide are good for building strong bones and teeth (IOM, 2011).

Milk or fortified soy beverage

- Milk can have different amounts of fat. Skim means no fat, 1% means a little fat, 2% means a little more fat (*presenter can reference the images on the slide*).
- Skim, 1% and 2% are all healthy for adults and children over age 2 (HC et al, 2014). The 3.25% milk is best for children under age 2, because their brains and bodies are growing quickly (HC et al, 2014).
- 3.25% Milk can be given to babies starting at 9 to 12 months of age (HC et al, 2014). Infants younger than this should drink breastmilk or formula (HC et al, 2014).
- Look for the word ‘original’ ‘plain’ or ‘unsweetened’ on the fortified soy beverage.

Cheese

- Cheese is healthy in small amounts. Look for words like “light” or “partially skimmed” on cheese.

Yogurt

- Look for the word “plain” on a yogurt or kefir container. Yogurt with flavor, like vanilla or strawberry, can have a lot of sugar.
- Many yogurt containers will say “no gelatin” on the front. Look for this if you cannot eat gelatin. Pectin is from fruit and is sometimes used instead of gelatin to thicken yogurt (pectin is halal).

What to Buy – Protein Foods



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Choose meat alternatives often

Facilitator Notes:

- Foods like fava beans, red or brown lentils, nuts, seeds and peanut butter can be eaten instead of meat. These foods are sold in the grocery store as fresh, packaged, canned or in bulk.
- Dried peas, lentils, beans, and chickpeas can be found in the inside aisles of the store. *(Presenter may choose to go back to Slides 8 – 18 to show sections of the grocery store).*
- Tofu (made from mashed soybeans) may be found in the “produce” or “deli” section of the store.
- Nuts and nut butters can be found in the centre aisles of the store.
- Nuts and seeds have healthy fat in them. Beans and lentils also have fibre which is good for the heart (HC, 2019a).

What to Buy – Protein Foods



Outcome: Audience will be able to recognize healthy food and drinks at the grocery store.

Key Messages:

- Choose meat with less fat and salt
- Eat fish often. Eating fish can help to keep our brain and our heart healthy (DC, 2019b).

Facilitator Notes:

- Try to eat fish. Fish keep your heart and brain healthy (DC, 2019). Choose fresh, frozen or canned fish.
- Eggs can be found in a carton near the “dairy” section of the store.
- Meat can be an important part of a healthy diet. Choose meat with less visible fat. Some examples are:
 - Chicken with no skin
 - Lean ground beef
 - Fish
 - Red meat without much white fat showing
- Limit meats that are high in fat and salt. Eating a lot of these types of meat is not good for your heart, blood or brain (HC, 2019a). Some examples are:
 - Bacon
 - Wieners (hot dogs)
 - Sandwich meats
 - Canned meats (e.g. SPAM)

Note: canned fish is a healthy choice

Background Information for Facilitator:

For more information on healthy fat in fish, refer to the handout

- [Omega-3 Fats for Heart Health \(AHS\)](#)

www.ahs.ca/assets/info/nutrition/if-nfs-omega-3%20-fats-for-heart-health.pdf

Alberta Health Services

Healthy Fat

✓

- Choose healthy fats
- Use a **small** amount of fat for cooking



www.albertahealthservices.ca 45

Outcome: Audience will be able to choose healthy food and drinks at the grocery store.

Key Messages:

- Choose a small amount of healthy fat everyday.

Facilitator Notes:

- You only need a small amount of added healthy fats each day. This includes foods like salad dressings, condiments (mayonnaise), and added fat for cooking (like vegetable oil, margarine or butter).
- Choose healthy oils such as canola oil and olive oil. These are found in the centre aisles of the grocery store. Healthy fats are usually made from plants.
- Soft margarine packaged in a tub is also a healthy choice. Margarine is found in the “cold” section near milk and dairy foods.
- Choose unhealthy fats less often. These include butter, cream, cream cheese, sour cream and whipping cream.

★ **Discussion** – presenter asks the questions: “How much fat or oil do you use each day?”
 “Think about how much you use during cooking.”

Answer: Answers may vary. Limit the amount of oil or fat you use in cooking. It is best to cook with a small amount of oil. Too much of any fat is not good for our body. Too much fat may cause weight gain. Boiling, steaming, baking, poaching, roasting and grilling are good ways to cook foods because you need very little oil.

Background Information for Facilitator:

- For more information on healthy fats, visit: www.ahs.ca/nutrition/Page8923.aspx



Foods to Limit



Outcome: Audience will become familiar with grocery shopping in Canada.

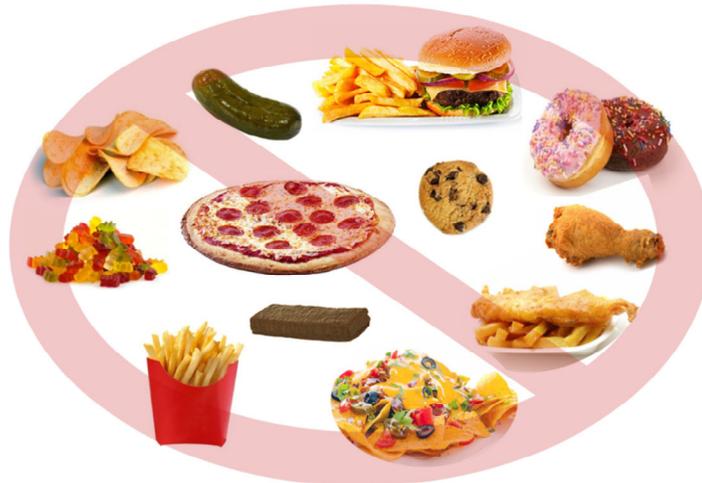
Key Messages:

Facilitator Notes:

Some foods in the grocery store are not healthy. We will talk about these foods next.



Foods to Limit



Outcome: Audience will become familiar with grocery shopping in Canada.

Key Messages:

- Foods that are high in fat, sugar and salt are not healthy for the body (e.g. chips, pop, candy) (HC, 2019a). These foods should not be eaten often. Do not eat these foods everyday.

Facilitator Notes:

Sugar

- Eating food with a lot of sugar (examples: cookies, chocolate, cake, ice cream):
 - Is bad for our teeth
 - Can make us gain weight. Having extra weight may increase your risk of having diabetes, heart disease and some types of cancer (HC, 2019a; Vartanian et al., 2007; WHO, 2003).

Foods High in Unhealthy Fat and Salt

- Eating foods that are very high in fat and salt (examples: chips, French fries, pizza, bacon, deli meats (salami, sausage, pepperoni)):
 - May lead to different diseases in the heart, gut or brain (HC, 2019a)
 - Can make us gain weight.
- These types of foods should not be eaten often.



Drinks to Limit



Outcome: Audience will become familiar with grocery shopping in Canada.

Key Messages:

- Limit drinks with too much sugar and/or fat.

Facilitator Notes:

- Some drinks can have a lot of sugar and/or fat, so we need to be careful not to have these drinks too often (*presenter can review why too much sugar is not good for our bodies*).
- It is easy to drink a lot of these types of drinks without feeling full. Having too much of these are not good for our heart, teeth, and can make us gain extra body weight.
- Choose healthy drink options like water, milk, fortified soy beverage, plain coffee and tea.

Background Information for Facilitator:

- High sugar beverages can replace more nutritious food and drinks like milk (WHO, 2015). Individuals may not get enough nutrients, such as: vitamin D and calcium
- Sugary drinks are one of the main causes of dental cavities (WHO, 2015).

Sugar Shocker Kit (AHS)

- This kit includes more detailed information and activities on healthy and unhealthy beverages. It also has drink photos with sugar content that can be printed off or projected onto a Smart Board. Refer to the following web link: www.ahs.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf

Spend Less Money



Outcome: Audience will be able to identify ways to spend less money when buying healthy food.

Key Messages:

Facilitator Notes:

- There are some ideas that **may** help you spend less money when buying healthy food. We will talk about these next.

Background Information for Facilitator:

- **These tips are not intended for participants that don't have enough money to afford a basic healthy diet.**
- Slides 47 – 51 cover ideas that may help people spend less money when shopping for food. Some of these tips may apply and some may not. Audience may need to think about their living situation to help decide which tips will apply to them. For example:
 - How many people are you buying for?
 - What is your food budget?
 - What space do you have at home to store food (e.g. cupboards and freezers)?

For more cost saving tips at the grocery store, see the handout:

- Tips to Spend Less Money on Food (AHS)
www.ahs.ca/assets/info/nutrition/if-nfs-tips-to-spend-less-money-on-food.pdf

For information about where to find free food in Alberta including food banks, food hampers, and free meals, visit the resource:

- Free Food in Alberta Directories www.ahs.ca/nutrition/Page16163.aspx

Alberta Health Services

Spend Less Money

- Store flyers
- Coupons
- Discount days
- Loyalty programs



www.albertahealthservices.ca 50

Outcome: Audience will be able to identify ways to spend less money when buying healthy food.

Key Messages:

- Using coupons may help you to spend less money at the grocery store.

Facilitator Notes:

Grocery Store Flyers:

- You can often find store flyers when you first walk into a grocery store. Flyers can help you choose vegetables, meats, or other healthy foods that cost less.

Coupons:

- You may find coupons in the mail, in flyers, in magazines, or in the grocery store (as you enter the store, or on the shelves). Some phone ‘apps’ have coupons too.
- Only use coupons for the foods or items that are already on your grocery list.
- Coupons are pieces of paper that you can show to get a better price (*presenter can refer to the picture on the right side of the slide*).
- If you have a coupon you want to use, make sure to bring it to the store with you. Show the coupon when you are paying for your food.

Discount days:

- Some food stores have special days where food costs less. On these days, stores may sell food for a percentage savings (e.g. 10% or 15%) off your total grocery bill. You can save money by buying foods on these days.

Store loyalty programs:

- Stores may have a “loyalty program”. This means that you may get points or discounts shopping regularly at their store. Points or discounts may help you to save money on your grocery bill.
- You may need ask about the loyalty program at the store you are at . They may give you a card or ask you to get a phone “app”. You would use the card or the phone app to get the points or discounts.

* Tip: Ask someone who works at the grocery store if they have discount days or a store loyalty program.

Background Information for Facilitator:

For more cost saving tips at the grocery store, see the handout:

- Tips to Spend Less Money on Food (AHS)
www.ahs.ca/assets/info/nutrition/if-nfs-tips-to-spend-less-money-on-food.pdf

For information about where to find free food in Alberta including food banks, food hampers, and free meals, visit the resource:

- Free Food in Alberta Directories www.ahs.ca/nutrition/Page16163.aspx

Spend Less Money

Compare prices for fresh, canned, and frozen foods.



Some brands cost less than others.

Outcome: Audience will be able to identify ways to spend less money when buying healthy food.

Key Messages:

- Compare prices; some brands cost less than others.
- Compare prices of fresh, frozen and canned foods.

Facilitator Notes:

- Fresh, frozen and canned foods can all be healthy (HC, 2019a; HC, 2019b). Compare prices of fresh, frozen and canned food.
- Many different companies may make the same food (e.g. two different kinds of canned beans). Some companies have higher prices for the **same food**.
- Always look at the prices to see if you can get the same food for less money.
- If a food costs more, it does not mean that it is better.

Spend Less Money

Buying foods in larger packages may help you save money.



Outcome: Audience will be able to identify ways to spend less money when buying healthy food.

Key Messages:

- Buying foods in larger packages may help you spend less money.

Facilitator Notes:

This slide shows examples of “value pricing” for foods. Green circles highlight examples the audience can look for on food labels that identify value pricing.

- In the picture, “club size” means bigger packages.
- **Value pricing** is when you buy food in bigger packages. When you buy food in bigger packages, you may spend less money per kilogram or item.
- Value packages are available for most foods, like vegetables, meat, milk, and flour.
- Think about how much food you might need for your family before buying a large package. Think about your food budget as well.
- Buy large packages of food only if you think you will use it before it goes bad (spoils).
- If you buy a large package of meat, fruit or bread, you can store some of it in a closed container in the freezer after the package has been opened.

Spend Less Money

You can choose the amount you need when you buy food from bulk bins.



Outcome: Audience will be able to identify ways to spend less money when buying healthy food.

Key Messages:

- You may spend less money when you buy food from the bulk bins.

Facilitator Notes:

- You can find foods like grains, flour, pasta, nuts, beans and lentils, seeds and dried spices in bulk.
- Buying foods in bulk bins may cost less.
- Compare the price of the bulk food to the packaged food item.
- You may spend less money because you can buy only the amount of food that you need.

Storing Food



Outcome: Participants will become familiar with storing food safely at home.

Key Messages:

Facilitator Notes:

- After you bring home food from the grocery store, you need to make sure foods are put in the right place. It is important to keep foods that were cold in the grocery store, cold at home.
- The next five slides will give information about storing food safely at home. Following these tips will keep food safe to eat, so that we do not get sick.

Storing Food

Put **frozen food** in your **freezer** at home



7742334_Fridge_Refrigerator_Kitchen_Freezer_CCO

www.albertahealthservices.ca

55

Outcome: The audience will become familiar with storing food safely at home

Key Messages:

- Store frozen foods in your freezer at home.

Facilitator Notes:

- It is important to keep cold foods cold.
- Store foods that are from the freezer section of the grocery store in your freezer at home.
- Your freezer temperature should be -18°C (0°F) (Government of Canada, 2014).

Background Information for Facilitator:

For more information on food safety, refer to the handout:

- Tips for Food Safety (AHS)
www.ahs.ca/assets/info/nutrition/if-nfs-tips-food-safety.pdf
- Refrigerator picture from: <https://pixabay.com/illustrations/fridge-refrigerator-kitchen-freezer-3104031/>

Storing Food

Put **cold food** in your **refrigerator** at home



Outcome: The audience will become familiar with storing food safely at home

Key Messages:

- Store foods from the refrigerated section in your refrigerator (fridge) at home

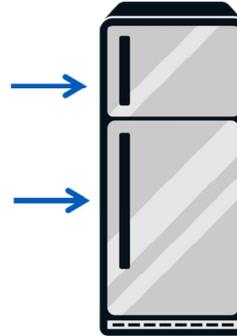
Facilitator Notes:

- Keep cold foods cold.
- Store foods from the refrigerated section of the grocery store, in the refrigerator (fridge) at home. This includes foods like eggs, milk, yogurt, cheese, and margarine.
- Your refrigerator (fridge) temperature should be 4°C (40°F) or lower (Government of Canada, 2014).

Refrigerator picture from: <https://pixabay.com/illustrations/fridge-refrigerator-kitchen-freezer-3104031/>

Question

Where is the best place to put
fresh (raw, uncooked) meat?



7742334, Fridge, Refrigerator,
Kitchen, Freezer, CCO

Outcome: The audience will become familiar with storing food safely at home.

Key Messages:

- Store refrigerated foods in the refrigerator (fridge) at home
- Store frozen foods in the freezer at home

Facilitator Notes:

☆ **Discussion** – presenter asks the question “Where is the best place to put fresh meat when you return home from the grocery store?”

Click to proceed reveal the answers on the next two slides.

Refrigerator picture from: <https://pixabay.com/illustrations/fridge-refrigerator-kitchen-freezer-3104031/>

Question

Where is the best place to put fresh
(raw, uncooked) meat?

Keep in the refrigerator on the bottom shelf

If you will use in about 2 days



7742334, Fridge, Refrigerator,
Kitchen, Freezer, CCO

Outcome: The audience will become familiar with storing food safely at home.

Key Messages:

- Store refrigerated foods in the refrigerator (fridge) at home
- Store frozen foods in the freezer at home

Facilitator Notes:

Answer: *there may be 2 correct answers* (Government of Canada, 2014):

1. *If you will cook it within 1-2 days, store it in the refrigerator.*
2. *If you will not cook it within 2 days, store it in a closed package or container in the freezer.*

Refrigerator picture from: <https://pixabay.com/illustrations/fridge-refrigerator-kitchen-freezer-3104031/>

Question

Where is the best place to put fresh
(raw, uncooked) meat?

Keep in the freezer

If you will **not** use within 2 days



7742334, Fridge, Refrigerator,
Kitchen, Freezer, CCO

Outcome: The audience will become familiar with storing food safely at home.

Key Messages:

- Store refrigerated foods in the refrigerator (fridge) at home
- Store frozen foods in the freezer at home

Facilitator Notes:

Answer: *there may be 2 correct answers* (Government of Canada, 2014):

1. *If you will cook it within 1-2 days, store it in the refrigerator.*
 2. *If you will not cook it within 2 days, store it in a closed package or container in the freezer.*
- If meat is not cooked within 1-2 days, it should be stored in the freezer.

Refrigerator picture from: <https://pixabay.com/illustrations/fridge-refrigerator-kitchen-freezer-3104031/>

What to Remember

- Grocery stores are the best places to buy food
- Healthy foods can be fresh, frozen or canned
- Some foods need to be stored in the fridge and freezer at home



Outcome: The audience will become familiar with storing food safely at home.

Key Messages:

Facilitator Notes:

- Grocery stores have many different foods and the prices are often lower than at smaller, specialty stores.
- Healthy foods are found in many parts of the grocery store.
- Fresh, frozen and canned foods are all healthy for the body.
- Putting foods in the refrigerator or freezer at home can keep them from spoiling and can keep your family from getting sick.

Questions?



If you have questions
about your health:

Call Health Link: **811**

Outcome:

Key Messages:

Facilitator Notes:

This concludes the presentation. If able, facilitators can take questions from the audience.

- If you have questions about nutrition or health after today, you can call Health Link by dialing 811.

References:

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