



The *Healthy Cents* curriculum teaches families to stretch limited food dollars & make healthy food choices.

The curriculum uses a dialogue learning approach to help participants develop food shopping and food budgeting skills.

Healthy Cents has 12 lessons that focus on five themes:

- Making Healthy and Affordable Choices
- Decreasing Food Expenses
- Developing a Food Spending Plan
- Planning a Meal
- Saving Money on Healthy Food Shopping

The curriculum helps learners develop practical skills to:

- Make healthy low cost meals
- Obtain community resources
- Keep costs low when eating away from home
- Start a container garden for vegetables and herbs
- Develop a food spending plan
- Make weekly meal plans
- Save time and money when shopping for food

During each 60 minute lesson, participants are encouraged to apply new information in meaningful ways to their own lives. Learners work together during the lessons to develop new skills and share their own strategies. While each lesson is designed to “stand alone,” lesson outcomes are greatest when taught as a series. The curriculum includes a leader’s guide, worksheets, and activity materials for each unit.

After participating in Healthy Cents, participants strongly desire to improve their nutrition and food shopping skills. Adult participants intend to more frequently:

- Eat a variety of fruits and vegetables
- Consume more fruits and vegetables
- Plan meals and snacks ahead of time
- Create and use a grocery list
- Make single servings from larger quantities of food
 - Eat before shopping to avoid buying extra food items
 - Make unit price comparisons
 - Buy store brands
 - Use coupons

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