



Session Five in the program is filled with lot of information and can often lead to passive listening from participants.

This document contains tips and activities to be used in conjunction with your Facilitator Guide that may help to increase participation during the grocery store tour.

Contents

- Tour Formats
- Messages and highlights in each grocery store department
- Tips to engage your participants
- Activities to do in each section



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Tour Formats

- At Grocery Store
 - Facilitator Led
 - Dietitian Led
- Virtual Tour



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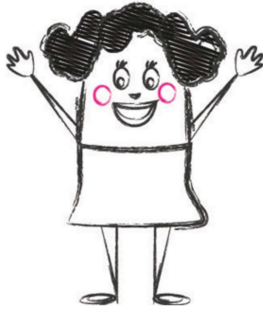
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As you are well aware, there are three options for you to run your grocery store tour:

- **Facilitator led:**
 - Good option if your grocery store doesn't have a dietitian to lead the tour or if you want to ensure you get all the pertinent information to your group.
 - Also gives you the flexibility to do it at a location other than a grocery store where your community usually shops for food (i.e. the corner store or gas station where there may be some fresh produce and goods).
- **Dietitian Led:**
 - If you have a Save On close by or you have a local store that has an in-house Dietitian that you know can give the tour, this could be an option for you.
 - Gives participants a chance to hear the information from someone else, and gives you a bit of a break.
- **Virtual Tour:**
 - A good option if you or your participants can't make it to a physical store due to mobility issues, transportation, weather conditions etc.

Facilitator Led Grocery Store Tour



- Speak to store manager 1- 2 weeks in advance
- Notify your participants if there are any changes in time
- Identify meeting place
- Logistics with childminding

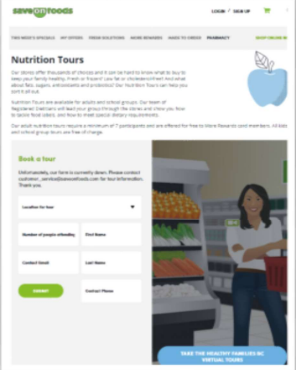
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Dietitian Led Grocery Store Tour

- Save On website (<https://www.saveonfoods.com/nutrition-tours/>)



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If a Save On foods is at a convenient location for you and your participants to get to, you can choose to have a dietitian lead your grocery store tour.

Having a dietitian lead the grocery store tour can be helpful as they can answer your groups complex nutrition questions and gives them a chance to hear a dietitian reiterate a lot of the information and learnings you have given them in class.

Helps to instill the messaging that has been given to them to make for long term changes for healthy eating behaviour.

Steps:

- Go online to their website and book a Nutrition Tour well in advance in case you need to reschedule your class to work with the availability with the dietitian.
 - If needed notify your participants the change in time to give them enough time to arrange for daycare or alternative transportation etc.)
- Let the dietitian know what program you are doing and ask them to highlight certain topics covered by the curriculum (nutrition label reading, incorporating more veggies, fruit and fibre, etc.)

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Virtual Grocery Store Tour

Nutrition Tours

Our virtual offers thousands of choices and it can be hard to know what to buy to keep you and your family healthy. Find an expert on the website to help you understand about fats, sugars, carbohydrates and proteins! Our Nutrition Tours can help you work it out.

Nutrition Tours are available for adults and school groups. Our team of Registered Dietitians will walk your group through the store and discuss how to locate food labels, and how to make special dietary requirements.

Our adult nutrition tours require a minimum of 7 participants and are offered for Free to those Research card members. All other participating groups are free of charge.

Book a tour

Unfortunately, our form is currently down. Please contact nutrition@healthysave.ca for more information. Thank you.

Location for tour:

Number of people attending: Full Name:

Contact Email: Last Name:

[TAKE THE HEALTHY FAMILIES BC VIRTUAL TOUR](#)

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You may choose to do your grocery store tour virtually with your participants. You can achieve all the same outcomes and learning objectives of Session Five in an in-class setting as you would at a physical store by using the virtual tour.

Access the Virtual Tour easily by going the Save On Foods website as if you were going to book a Nutrition Tour with a Dietitian. At the bottom of the page you will find a blue link “Take the Healthy Families BC Virtual Tour”

This brings you to the Healthy Families BC website.

As a warning this site is not longer being actively updated. The resource and some of the content you see on the website will have outdated messaging. Therefore if you need to hold your tour virtually you will need to be aware of the discrepancies and clarify with your group as you go through the videos. (I.e. they still talk about number of servings and portion sizes and still refer to meat and dairy separately as individual food groups as opposed to calling them “protein foods”).

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Virtual Grocery Store Tour



- Familiarize yourself with the virtual tour
- Supplement with information
- Engage with discussion
- Bring in props

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To successfully run a virtual store grocery tour we suggest you:

- Go through the virtual tour yourself
 - There are only 5 departments in the virtual tour along with an introduction and a brief section on Food Safety.
 - Each section has it's own video that is approximately 1.5 – 2.5 min long. They are short and gives some basic information, but you will need to add on to it with what you have taught in class as well. Become familiar with what the dietitian in the video is talking about and make notes for yourself so that you can supplement and clarify the information for your group.
 - For instance in the produce section the dietitian talks about getting kids involved with the shopping of vegetables and fruits, encourages buying items in season but also mentions serving sizes. After the video you could have a short discussion on how they get their families involved with grocery shopping. Or how they can start.
 - Talk about the benefits of in season and local produce. Just as if you were in the store perhaps show a couple of different vegetables you've printed off beforehand that you think are less common in your participants' kitchen and ask if anyone has tried it. Be sure you are prepared to give examples on how to cook and eat it.
 - Very importantly, to ensure that there is no mixed messaging, remind your group

that the new food guide no longer recommends serving sizes, instead it talks about the proportion of vegetables and fruit.

- Additional sections to include: the cereals section and talk about food marketing and practice label reading on food packages, go over the benefits of buying in the bulk section and provide additional information on soy products like tofu and unsweetened soy beverage.

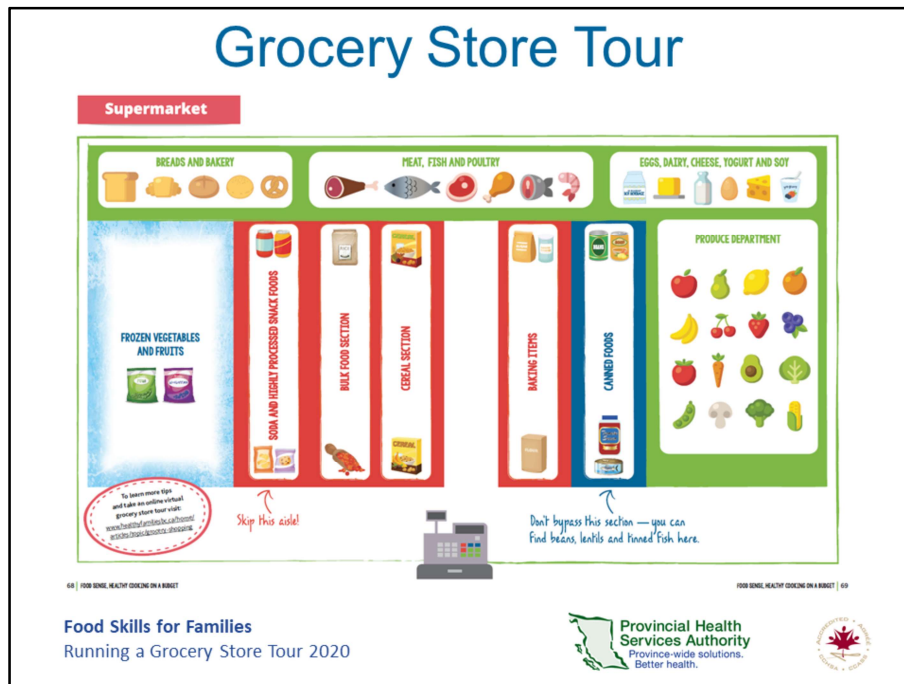
Doing the virtual tour from the comfort of your classroom can be very accessible to you and your group, but because there's less movement and visuals than what you'd have at a grocery store, the virtual tour will require you to be a little more creative in order to find ways to engage your participants, rather than having them passively sit and listen to you talk for an hour and a half, we suggest you:

- Bring in props (empty bread bags, milk cartons, yogurt tubs)
- Have participants bring in some labels from their favourite foods
- If you don't have any empty food packages you can print them off the internet
- Ensure that you have examples ready (i.e. show a photo of your recent grocery trip with the different unit prices from the yogurt section)



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Grocery Departments



When you start your tour it is a good idea to:

- Take a moment at the beginning to explain the layout of the grocery store as found in your facilitator handbook. This gives a mental reminder to your group that being a conscious shopper will help them make healthier purchases
- Emphasize that each time they go grocery shopping they should aim to fill their carts/baskets with lots of different colours with the majority making up vegetables, fruits and whole grain foods
- Making sure everyone is on the same page before you begin will always help to ensure that the tour runs smoothly
 - Before you start moving around the store, remind your participants to be aware of other shoppers, and that as a group you are all there to apply some skills that have been taught thus far in the program and perhaps learn a few other tricks and tips for grocery shopping
 - Let them know that the tour will only take approximately one hour instead of the normal three hour session so that if they want to do their grocery shopping, they can do so after the store tour.

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PRODUCE DEPARTMENT

Canada's food guide resource for incorporating more vegetables + fruit into your diet:

<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-vegetables-and-fruits/>

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Main messaging: Eating a variety of vegetables and fruits are part of a healthy eating pattern

- Let participants take a moment to take in the amount of colour in this section. Notice the seasonality of vegetables and fruit: price may be less expensive and often sold in larger quantities. This is a great way to buy in bulk and freeze some for future use if fridge/freezer space is available to them.
- Remind participants about the importance of fibre (remind them of the Bob and Sally activity if you did it), and go over the importance of variety to get different minerals and vitamins from different produce
- Ask your participants again “what portion of the plate should be dedicated to veggies and fruit?” They’ll likely have it all memorized by now, but good to emphasize the point.
- Have them share their favourite snacks that include veggies or fruit and remind them that having veggies and fruits washed and on hand for a quick snacking option is a perfect way to increase consumption
- Talk about different ways of cooking (baking, steaming, raw) to add texture & flavour. Using olive oil, lemon juice, and adding herbs and spices instead of reaching for the salt shaker first to pack in some nice flavour combinations
- Reiterate that frozen and canned options are available and can be just as nutritious, especially if buying plain vegetables and fruits that are frozen (as opposed to the ones with sauce) and

buying canned produce in water or natural juices instead of syrup and salt

Activities:

- Ask participants to pick a vegetable or fruit that they have not eaten before – come together and talk about them, other participants might know what others picked and can be a mini expert and share their experience in cooking, taste and types of dishes it can be used in
- Search for BC produce – talk about the benefits of buying local (less travel (green house gases), supporting local farmers
- Compare price on packaged produce to loose if your group is focused on budgeting (but can be convenient to have on hand if you are short on time but costs a bit more for the convenience.

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BREADS AND BAKERY



Canada's food guide resource for Choosing whole grain foods:

<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>

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Main Message: Choose whole grain products more often

- Besides vegetables + fruits, whole grains are also a great way to include fibre in your diet.
- Canada's food guide recommends that grains should make up a quarter of the plate, and should include whole grain products.
- Let participants know not to be fooled by colour and to read the ingredients list. Whole wheat and multigrain does not necessarily mean whole grain. Be sure that the ingredients read "whole grain - and what the gain is" i.e. "whole grain oats / whole grain wheat".

Activities:

- Have participants pick up a bag of bread/pita/buns to:
 - Compare fibre content (5g + is considered high fibre)
 - Look at the ingredients list. Any whole grains? Where does it lie on the list.
 - Ingredients listed closer to the top means there's more than those listed near the end
- Be sure to visit the muffins and pastries section too. You can compare the amount of fat in

muffins in the store with the Banana Oat muffins in Session One. If you make it your own, you can control the amounts of fat and sugar you add.

CEREALS



Canada's food guide resource for information on food marketing +
food choice:

<https://food-guide.canada.ca/en/healthy-eating-recommendations/marketing-can-influence-your-food-choices/>



Main Messaging: use the knowledge they've acquired through label reading to make informed decisions

- This aisle is the perfect opportunity to talk about food marketing because there's lots of it!



Source: <http://howtoeat.ca/how-food-labels-deceive-us-a-look-at-natural/>

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- Remind your participants about the difference between what a health claim is and what a nutrient claim is
 - **Health claim:** suggests that eating certain nutrients can affect health in some way (in the updated food sense curriculum you can find the example of “a healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for heart and stroke disease”).
 - **Nutrient content claim:** describes the amount of nutrient in a food (the examples in your facilitator manual includes “high in fibre” and “sodium free”).
- Both nutrient content claims and health claims are regulated by Health Canada and are optional. They highlight only a few nutrients. Read the nutrition facts table for more details and information on what else the food/cereal is high or low in.
- **General Health Claims** like “healthy for you” or “healthy choice”, are broad and non-specific. These are statements made by manufacturers and not developed by the government.



Source: <https://www.flickr.com/photos/crazygolucky/4416930263>

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Activity:

- Tell participants to take a moment and look at this aisle, what do they notice? Lots of colour, labels and characters - food marketing!
 - Can they identify the nutrient content claim, health claim and/or general health claim?
- Cereal comparison:
 - Colour and messaging of labels can be misleading – neutral colours like greens and browns may make the product seem like it's healthy but upon reading the label, it can be full of sugars and refined grains.
 - Look at the amount of fibre, look at the amount of sugar.
 - Remind participants that 4g of sugar is equivalent to 1 teaspoon. After looking at the sugar content, can they imagine sprinkling that many teaspoons into their cereal?
 - Cereals can be a great way to add fibre into the diet as well. You can find a list of high fibre cereals in your facilitator binder. Can your participants find other high fibre cereals too?

MEAT, FISH AND POULTRY



CHEESE AND YOGURT



DAIRY AND FORTIFIED SOY BEVERAGES

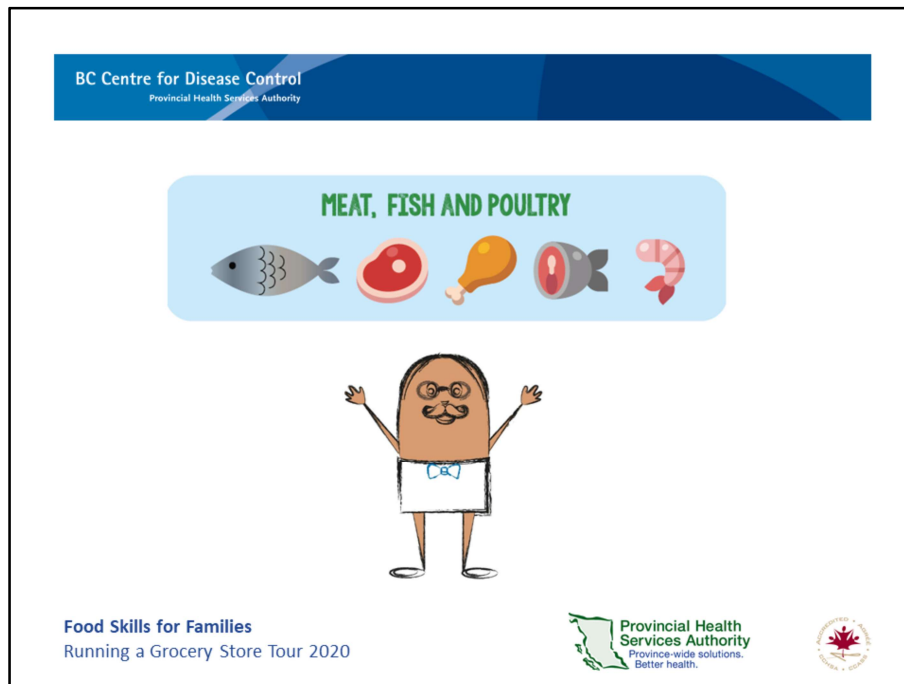


Canada's food guide resource for eating protein foods:

<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-protein-foods/>

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Main Messaging: all high in protein



Meat, Fish & Poultry:

- Suggest healthier ways to prepare meats (draining fat (i.e. in the chili recipe from session four), removing skin and visible fat (i.e. from chicken in session one), using different cooking methods like baking, grilling, roasting, poaching, etc.
- Discuss lean meat options as listed in the facilitator book (poultry and sirloin) and wild game like deer and caribou and talk about your fatty fish options (also listed in your facilitator binder i.e. trout, mackerel)
- Talk about ways to limit the amount of saturated fat and salt when eating meat (use less gravies / sauces) + flavor with fresh herbs and spices
- Provide simple alternatives from pre-made foods. Pick up a packet of chicken strips and compare the grams of fat and sodium on the label vs the chicken strips made in class.
- Talk about canned fish and let participants know it is better to buy ones canned in water and not oil.

Activity:

- Have your participants look at a package of a meat with lots of visible fat (prime rib) vs a lean cut of meat (sirloin tip) to show marbling and pointing out the amount of fat found in different cuts of meat.
- If your class is more interested in budgeting, show them the unit pricing of buying a large pack

vs. a small pack.

- Discuss how if they are buying in larger quantities they can freeze portions to make them smaller. Or if they can split it amongst their friends and family members.



Cheese + Yogurt:

Activities:

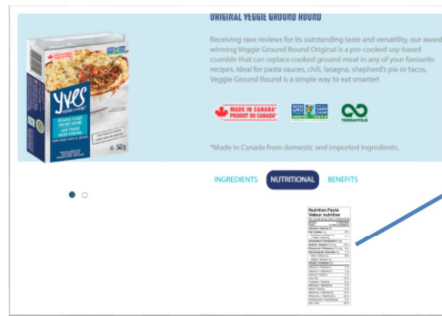
- Compare %M.F in different types of cheeses.
 - Remind participants that cheese contains saturated fats and should be eaten in limited amounts. Enjoy cheeses mindfully, like they did in session one with the piece of chocolate.

- For yogurt, point out the price difference of buying a large tub vs ones that are individually packed. Suggest that they can use small containers of their own if they want to take smaller portions to work or pack it along in their child's lunch box. They can save money and buying in large tubs means less plastic waste.
- Also be sure to bring your groups attention to the amount of sugar in certain yogurts (ones with dessert like names : key lime pie, berry crumble, lemon meringue) will have a high sugar content.
- Engage your participants by asking them ways they could make plain yogurt more interesting at home.

Dairy + Fortified Soy Beverages:

- In this section you can compare fat and calcium content
 - Inform your participants that low fat milks will have the same amount of calcium per serving as whole milk
 - Milk has natural sugars, so you will see some sugar content in your plain milk which is OK. Flavoured milks (chocolate and strawberry) that will have added sugars
- Point out that unsweetened fortified soy milk is also a great source of calcium and vitamin D and can be used like milk in smoothies (like the one they made in Session Four) or for baking and even subbing in for cream in sauces or soups

Tofu Products



Source: <http://yvesvegie.com/en/products/ground-round/original-veggie-ground-round/>

Nutrition Facts	
Valeur nutritive	
Per 1/3 cup (55 g) / pour 1/3 tasse (55 g)	
Amount	% Daily Value
Teneur % valeur quotidienne	
Calories / Calories	60
Fat / Lipides 1 g	2 %
Saturated / saturée 0 g	0 %
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 270 mg	11 %
Potassium / Potassium 310 mg	9 %
Carbohydrate / Glucides 4 g	1 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 1 g	0 %
Protein / Protéines 9 g	0 %
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	15 %
Thiamine / Thiamine	15 %
Riboflavin / Riboflavine	6 %
Niacin / Niacine	15 %
Vitamin B ₆ / Vitamine B ₆	15 %
Vitamin B ₁₂ / Vitamine B ₁₂	35 %
Pantothenate / Pantothénate	6 %
Zinc / Zinc	20 %

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TOFU:

- Be sure to check out the Tofu section with your group – as Canada's food guide encourages more plant-based protein options, tofu is an excellent lean protein option.
- Point out the different tofu products. There are many to choose from and to try
 - Pre-seasoned vegetarian alternatives (veggie lunch meat, veggie meatballs etc) can be high in sodium
 - For instance, if someone is interested in making vegetarian tacos: a pack of pre-seasoned original veggie ground round from Yves has 270mg of sodium in 55g. That's 1/6 of the package (340g). Instead you can pan fry plain firm tofu and add chili seasoning to make a vegetarian taco filling.
- Let your participants know that they can find plain tofu in firm, medium and soft. They each can offer different texture and is very versatile, you can make
 - Tofu scrambled instead of scrambled eggs
 - Make some spreadable vegan tofu cheese (really good with pasta)
 - Even recipes for a Key Lime Tofu Cheesecake if you're feeling adventurous!



Main message: beans and lentils are another great alternative to meat-based protein

Provides:

- Less saturated fats
- Increase fibre
- Great source of minerals and vitamins
- Low-cost comparative to meat-based protein

Activities:

- Compare canned beans/lentils – Again, remind your participants to use the food label and that the % daily value helps you see if a food has a little or a lot of a nutrient (5% or less is a little + 15% or more is a lot). Use them to help you make informed decisions.
- Get them to look at the fibre content and the amount of protein. Remind participants to buy beans in low-sodium if available and rinse them out to reduce sodium content.
- Discuss how to prepare dried beans vs canned beans (versatile; used in salads, to make chili or plant-based burgers, and in desserts (i.e. brownie recipe in session three)).
- While your participants pick up and compare the plain can of beans or the pack of dried lentils, you can grab a can of baked beans (Bacon & Beans, Brown Sugar Hickory) and compare that

label with them. I'm sure you will get some gasps.

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DRESSINGS, OILS AND CONDIMENTS



BUTTER AND MARGARINE



Canada's food guide resource for choosing foods with healthy fats:

<https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/choosing-foods-with-healthy-fats/>

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Main messaging: Eat a little, not a lot and source matters.

- Fat is important in our diet. We need fat to support cell growth and it helps to protect our organs and keep us warm, but you only need a little bit of it
- Because of that, remind your participants to choose their fats wisely and use oils with healthy fats (a list can be found in your facilitator binder that includes olive, canola, sunflower oils etc.)
 - Let your group know that saturated fats are typically found in solid fats such as palm oil, butter, hard margarine and should be consumed in limited quantities
 - Soft tub margarines are a healthier choice and maybe able to be substituted with butter in baking but may change the consistency slightly
 - You can ask your participants if they have any tricks up their sleeve to sub fat in with healthy options
 - Using hummus or nut butters as spread instead of butter
 - Subbing plain yogurt instead of using sour cream
 - Using applesauce in baking instead of butter (best used in loaves like a banana bread)



- It is always a good idea to visit the bulk section if you have one at your grocery store
- Although the selections will differ from store to store this is a great place to talk about buying within budget by buying in the amounts that you need (which can mean less food waste)
 - It may also be less expensive because you are not paying for any branding or packaging
 - This is a good place to try out new grains, flours or seeds and nuts if they want to do some experimenting and tasting but don't want to buy a full bag of rice flour or bulgar
- When talking about the selection of nuts and seeds in this section, you can remind them that it is a great choice for adding protein and can be sprinkled into salads, stir-frys and in desserts for some added flavour and texture.

Concluding Your Tour

- End on a positive note
- Change happens little by little



End on a positive note: there is much to take in and they may feel excited to put what they've learned into practice or a bit anxious as how to apply it all at once. Ensure them that it may take a bit more time to read the labels and be a more conscious shopper at first, but that if they continue making small little changes each time, that soon they will be making healthy shopping choices more easily and fluidly.



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Questions

Direct all questions to
foodskillsBC@bccdc.ca