



L I F E S K I L L S TM

H A N D B O O K S

Everyday *Household Tasks*

Grocery Shopping
Cooking
Caring for Your Clothes
Home Maintenance and Decorating



21st CENTURY

 **SADDLEBACK**
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ATS

QUALITY
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SECTION 1

Grocery Shopping

Good grocery shoppers have a plan. They know exactly what they have at home, and they know exactly what they need from the store. They also know how to buy nutritious, high-quality food *and* save money. What do you need to learn to eat better and spend less on groceries?



New Habits for a New Year



Most years, Kevin didn't think about making New Year's resolutions. But this year, he had a definite goal in mind: He wanted to get better at buying groceries.

Kevin's girlfriend thought he was being silly. "Who cares about buying groceries?" she asked. Kevin explained that he cared, for two reasons.

One reason was cost. Kevin knew he spent a lot of money at the grocery store. After all, he went there three or four times a week. He usually stopped on his way home from work. Yet it seemed he never had anything in the house to eat. He always had food, but none of it seemed to go together to make a meal.



As a result, Kevin often ended up eating some of this and some of that. For instance, one night for dinner, he had a frozen burrito and a can of peaches. Other nights, he didn't bother trying to figure out what to eat. He just ordered a pizza instead!

Kevin's second concern was health. He knew he didn't have a healthy diet. He ate hardly any fresh fruits and vegetables. He didn't often buy them, because it took time to clean them and cook them. Plus, they spoiled if he didn't eat them right away.

Instead, Kevin ate a lot of ready-made foods, such as canned, boxed, and frozen products. He liked how fast and easy these foods were to prepare. Most of them, he just popped into the microwave. But he knew these foods weren't very good for him.

Kevin had developed some bad eating and shopping habits. He rarely thought about his meals in advance. And that meant he made a lot of trips to the grocery store. He needed a plan!





CHAPTER 1

Buying Grocery Staples



Grocery staples are the basic food items you use again and again. They are the foods you need to have on hand to put together meals on a regular basis.

Guidelines for Good Eating

The US Department of Agriculture (USDA) has developed guidelines for a healthy diet. Look at the illustration on the next page, which is from the USDA’s Web site: www.ChooseMyPlate.gov. This “plate” shows the



categories of foods you should eat every day and in what general amounts. Use this “plate” to help you decide what staples to keep in your kitchen.

Also visit the USDA’s Web site for other helpful information on healthy eating. Learn what foods to limit in your diet. And get a personal food plan based on your age, gender, size, and activity level.

Storing Foods

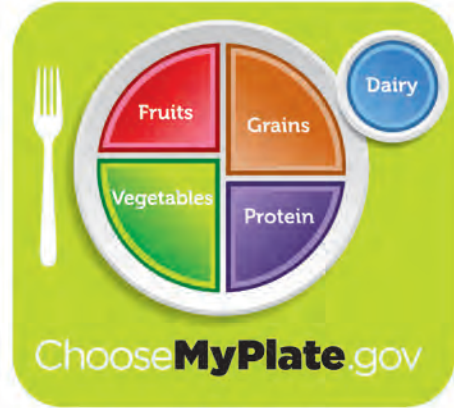
As you might guess, some of the foods from the USDA “plate” should be stored in the refrigerator or freezer. Dairy products, such as milk and cheese, must be refrigerated.

Many canned and bottled foods must be refrigerated after they’ve been opened. Otherwise, they will spoil. Look for this requirement on the food’s label.



Categories

Types or groups.



Fresh fruits and vegetables can be stored in the refrigerator but don’t have to be. So can grains, such as breads and muffins. These foods will generally last longer if kept cool.



Other foods should be stored in your pantry. A *pantry* is a cabinet, closet, or small room used for food storage. Foods stored in a pantry are often called *dry goods* and *canned goods*.

For all kinds of foods, pay attention to the **expiration date**. Most food can still be eaten past this date, but it's quality and taste won't be as good.

Expiration date
The date after which something should no longer be used.

[FACT]

The Facts about Expiration Dates

Many people are surprised to learn that food isn't usually spoiled or harmful after its expiration date. It just won't taste as good, and the quality may not be as good.

Most people are also surprised to know that grocery stores don't have to remove foods from the shelves after their expiration dates. To avoid buying something old, you should check products' expiration dates while you shop. Look for these codes and know what they mean:

- **Sell by:** Don't buy a food after this date. This is the expiration date.
- **Best if used by:** The flavor or quality may be less after this date, but the food can still be eaten.
- **Use by:** This is the last day the food's manufacturer stands by its quality.





Other Staples to Have on Hand

Do you bake often? If so, staples for your kitchen should include baking supplies, such as flour, sugar, baking powder, baking soda, salt, and yeast.

Herbs and spices are also staples. Rosemary, oregano, thyme, cinnamon, and pepper all add flavor to food.

And what about **condiments**? Products such as soy sauce, ketchup, mustard, mayonnaise, and barbecue sauce are staples, too.



Shopping for Staples

When you shop, always be aware of how long a product will stay fresh. Fresh fruits and vegetables can't be stored for very long. But canned and frozen fruits and vegetables can be stored for quite some time.

You can buy enough canned and frozen foods to fill up your pantry and your freezer. But you should buy only as much fresh food as you can eat in a few days.

Condiments

Sauces and other toppings that add flavor to food. Condiments are generally put on the table and used by individuals to flavor their own food.



Setting Up Your Pantry

The goods in your pantry should be organized in a logical way. That will make it a lot easier to find things.

For example, it's a good idea to keep pasta and pasta sauces next to each other. You might also group things such as cereals, baking ingredients, and related canned goods. Figure out your own plan, and then follow it!

[FACT]

New USDA Food Guidelines

For many years, the USDA has provided Americans with guidelines for healthy eating. In 2010, the model for those guidelines changed from a “pyramid” to a “plate.” Although the basic food groups stayed the same, the suggested amounts changed.

What was the main reason for the change? Too many Americans are overweight.

To control your weight, follow two simple guidelines:

1. Eat less.
2. Move more.





[FACT]

What Is the USDA?

The US Department of Agriculture (USDA) is one of 15 government departments that advise the US president. The USDA provides advice on food, agriculture, natural resources, and related topics. It has a wide range of responsibilities:

- Giving financial help to farmers
- Making plans and policies for agriculture
- Funding agricultural research
- Overseeing international trade of crops
- Providing food safety
- Educating Americans about food and nutrition
- Protecting the national forests
- Managing natural resources

