



## SESSION 3 – HEALTHY EATING ON LESS

### OBJECTIVE

The purpose of this session is to teach participants how to eat economically and nutritiously. They will learn to identify healthy foods with high nutritional value. Participants are encouraged to eat locally to support local farmers and reduce their environmental footprint.

This session comes with a PowerPoint presentation, Healthy Eating on Less. The session can be presented using the notes below OR using the power point presentation.

### MATERIALS

- Attendance Sheet
- Handouts: BPA Free Canned Foods, page 28; Dirty Dozen and Clean Fifteen, page 29; and Additives to Avoid in Food, page 30.
- Newspaper Grocery Ads — multiple copies
- Mason Jars
- Permeable material for tops of mason jars (cheesecloth if possible)
- Seeds/beans for sprouting
- PowerPoint presentation: Healthy Eating on Less.  
PowerPoint presentations can be downloaded

### SCHEDULE

9:30 – 10:00	Registration and Refreshments
10:00 – 10:10	Introduction
10:10 – 10:30	Eating Healthy on Less
10:30 – 11:00	Grocery Ads and Reading Food Labels — Activity
11:00 – 11:15	Break
11:15 – 11:45	Sprouting — Activity
11:45 – 12:00	Summary and Next Week's Topic
OR	
10:00 – 11:45	PowerPoint Presentation: Healthy Eating on Less
11:45 – 12:00	Summary and Next Week's Topic

## INTRODUCTION



*Note to Facilitator: Welcome includes name tags, refreshments, honour confidentiality, washrooms, no smoking, and scent free. Introduce topic eating healthy nutritious food for less.*

## EATING HEALTHY ON LESS

What is in the food we eat?

- Pesticides from commercial farming
- BPA or phthalates from the lining of the cans or from plastic wrapping
- Chemical food additives to enhance flavours and preserve shelf life
- GMO (Genetically Modified Organisms)

Organic grown food is food grown without synthetic pesticides and from non-GMO (genetically modified organism) seed.

Conventional food, or non-organic food, may be grown with the use of pesticides, synthetic fertilizers and may use GMO seeds. Different countries have different regulations and enforcement about the use of pesticides. Some countries may be able to use more pesticides and possibly ones banned in Canada.

Some crops require the use of more pesticides than others, for example, strawberries and soft fruits (peaches, nectarines, and grapes). If you are going to buy heavily contaminated crops it is best to buy organic. Refer to the Environmental Working Group “Dirty Dozen” list for produce that is most contaminated with pesticides.

There are crops, which are less contaminated with pesticides and are safe to buy non-organic. The Environmental Working Group has created a list of the least contaminated foods called the “Clean Fifteen”.

Provide participants copies of “Dirty Dozen and “Clean Fifteen” lists.



*Note to Facilitator: you will need to update these lists on an annual basis*

If you can't buy organic, try to buy local because it:

- Allows us to eat seasonally which has health benefits
- Supports local economy
- Reduces the amount of food “travel” and reduces the environmental footprint

**PRACTICAL TIPS FOR SHOPPING:** Brainstorm for group ideas first.

- Check what is left in your pantry before shopping
- Make a grocery list
- Price Match with the newspaper ads
- Do not go to the store HUNGRY