



# Module 20: Shop and Cook To Prevent Type 2

Lifestyle Coach Guide



# Module Overview

Shopping for healthy foods and incorporating them into cooking routines can be challenging. This module addresses these challenges by providing meaningful examples and suggestions for adding healthy foods prepared at home.

## Participant Learning Objectives

By the end of the session, participants will be able to:

- Identify foods that can support their health goals
- Explain how to shop for foods that can support their health goals no matter where they get their food
- Explain how to cook the foods they love in new ways and discover new favorite foods

## Things to Do

In addition to the Session Checklist, you will also want to do the following:

Before this session:

- Communicate with your participants via email, text message, app, or social media to prepare and motivate them for this upcoming session on shopping and cooking to prevent type 2 diabetes. Here are some sample messages you can send out to participants for this module:
  - 1 Week Prior: “Next week we will look at ways to save money on healthy food you purchase. We have a fun activity planned. Bring sale flyers from your favorite stores or a screenshot or printout of an online ad to compare prices and review food choices. Let me know if you have questions!”
  - 1 to 2 Days Prior: “Our next session is coming up soon. Don’t forget to gather some sale flyers or online ads. We’ll also talk about how to cook in healthier ways and easily add in healthier options to the meals you already make at home.”
- If the session will be held in person, collect sale flyers or online ads from local grocery stores, dollar stores, drug stores, and big-box stores for participants to use for the “Use Sale Flyers” activity. For a virtual session, save web links or screenshots of sales ads to share with participants.
- Optional. For the “Live Cooking Demonstration” activity (in person or online), perform a dress rehearsal and prepare ingredients and equipment prior to the session. If a participant cooking demonstration is preferred (in person or online), ask for volunteers well in advance. Then work with them to rehearse and prepare prior to the session.
- Optional. For the “Field Trip” activity to a store, coordinate a time and place well in advance and share your goals and outcomes with participants.

## After this session:

- ❑ Communicate with your participants via email, text message, app, or social media to continue the conversation on shopping and cooking to prevent type 2 diabetes. Here are some examples of messages to post:
  - “Have you adapted one of your favorite meals with a healthy addition? We’d all love to see a picture and hear how it went.”
  - “Have you made any changes to how you shop for groceries? What have you changed to make it easier to buy healthier food? What did you learn?”

## Session Content

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to receive weigh-in information and to consult with participants privately, if needed, at the start of each session.

Welcome and Review	Page 3	5 Min
Session Focus	Page 4	1 Min
Healthy Food: A Review	Page 5	4 Min
How To Shop for Healthy Food	Page 7	20 Min
How To Cook Healthy Food	Page 10	20 Min
Plan for Success	Page 13	5 Min
Summary and Closing	Page 14	5 Min

# Welcome and Review



Time Estimate: 5 minutes  
Method: Facilitated Discussion

## **SAY:**

Welcome back, everyone! This is the [current session number] meeting of [name of program]. Today, we are going to talk about shopping for and cooking healthy food to support your goals. Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

## **DO:**

Briefly summarize the previous session.

## **DISCUSS:**

What questions do you have for me about what we talked about last time?

## **SAY:**

Let's talk about how things went with the action plan you made last time.

## **DISCUSS:**

What went well? What didn't go well?

## **SAY:**

Now let's talk about how it went with the other things you tried at home.

## **DISCUSS:**

What went well? What didn't go well?



Time Estimate: 1 minute  
Method: Presentation

## **SAY:**

Please look at “Session Focus” on page 1 in the Participant Guide.



For a virtual session, use the screen share feature to display “Session Focus” from the Participant Guide for all participants to view.

## **SAY:**

Healthy shopping and cooking can help you prevent or delay type 2 diabetes.

Today, we will talk about:

- Foods that can support your health goals
- Shopping for foods that support your health goals no matter where you get your food
- Cooking the foods you love in new ways and discovering new favorite foods

Finally, you will make a new action plan.



Time Estimate: 4 minutes  
Methods: Facilitated Discussion

This part of the session provides participants with a review of what types of foods can help prevent or delay type 2 diabetes. Use the facilitated discussion to remind participants that less processed foods are better choices and help them recall strategies to incorporate more quality foods into their diets.

## **SAY:**

In order to shop and cook healthier, you need to know which items are healthy. Let's do a quick review.

## **DISCUSS:**

Previously, we discussed some tips for selecting healthy foods. What tips do you remember?



For a virtual session, encourage participants to type their responses in the chat window or “raise their hand” in the web conferencing tool.

## **DO:**

Share the following (if not mentioned by participants):

- Know what foods are high in sugar, fat, and salt—often found in processed foods.
- Choose foods that include fiber, vitamins, and minerals, which are found in vegetables, whole grains, and fruit.
- Choose meat that is less processed, chicken, fish, and dairy more often.
- Choose leaner cuts of meat and chicken.

## **DISCUSS:**

Would anyone like to share their experiences using these tips to select healthy food?

**SAY:**

Now let's review what a healthy plate looks like.

**ASK:**

Which food group takes up half of your plate?

**ANSWER:**

Non-starchy veggies (such as broccoli, greens such as spinach or lettuce, and peppers)

**ASK:**

Which food group takes up a quarter of your plate?

**ANSWER:**

Grains and starchy foods (such as potatoes and oatmeal)

**ASK:**

And which food group takes up the last quarter of your plate?

**ANSWER:**

Protein foods (legumes, such as beans and lentils, white-meat chicken, fish, and lean meats like 95% lean ground beef, sirloin, pork chops, or pork tenderloin)

**SAY:**

Remember—you can also have:

- A small amount of dairy foods—try to choose those that are low in sugar and fat.
- A small amount of fruit—frozen fruit can be just as good for you as fresh fruit, but try to limit juice, dried fruit, and canned fruit with added sugar.
- A drink that has low or no calories—such as water or unsweetened iced tea.

**DO:**

Remind participants that they can review what they learned about healthy eating in Module 4: Eat Well to Prevent Type 2.



Time Estimate: 20 minutes

Methods: Presentation, Facilitated Discussion, Activity

This part of the session provides a firsthand experience about the challenges faced when trying to shop for healthy food.

## Jerry's Story (5 minutes)

### **SAY:**

Now that we've reviewed healthy food, we'll talk about how to shop for healthy food. Let's look at an example. Please look at "Jerry's Story" on page 2 in the Participant Guide.



For a virtual session, use the screen share feature to display "Jerry's Story" from the Participant Guide for all participants to view.

### **DO:**

Read (or ask a volunteer to read) the story.

### **SAY:**

You can shop for healthy food without spending a lot of time or money. To get the most from your shopping trip, it's a good idea to prepare before you get to the store.

### **DISCUSS:**

What are some steps to take before you shop that can save time and money?

## DO:

Share the following (if not mentioned by participants):

- Find out about sales.
- Gather coupons.
- Find recipes.
- Plan meals and snacks.
- Check your kitchen.
- Make a shopping list.
- Have a healthy snack.
- Find ways to add healthy sides to prepared meals when in a hurry.

## Use Sale Flyers (15 minutes)

## DO:

Tell participants to take out their sale flyers from local grocery stores, dollar stores, drug stores, and big-box stores.

If the session is in person, share your sale flyers with those participants who may need some.

Ask participants to circle healthy items that are on sale. Ask them to compare prices between stores.

Give participants time to review their sale flyers and complete the exercise.



For a virtual session, share sales ads using the screen share feature to display screenshots or using the chat function to send web links.

## DISCUSS:

Which items did you circle? Why? Did anything surprise you?

## **SAY:**

OK. Let's say you've prepared for your shopping trip. You're at the store with your shopping list and coupons.

## **DISCUSS:**

What are some steps to take while you shop that can save time and money?

## **DO:**

Share the following (if not mentioned by participants):

- Look for store-brand and generic items.
- Use food labels to make the best choice possible between two items.
- Stick to your list.
- Choose family packs.
- Limit frozen or prepared meals and combine with a healthy grain or vegetable.
- Choose frozen vegetables instead of canned.
- Buy items on sale.
- If you subscribe to a meal delivery kit service, read the nutrition information and make the same healthy choices you would if you were buying the ingredients yourself.



Time Estimate: 20 minutes

Methods: Facilitated Discussion, Video Presentation, Field Trip, Demonstration

In this part of the session, participants will learn ideas for preparing healthier meals through new cooking methods, making small changes to meals they already make, and combining prepared foods with fresher options.

## **SAY:**

We've discussed how to shop for healthy food. Now let's talk about how to cook healthy food. You can cook healthy food that you enjoy without spending a lot of time.

## **DISCUSS:**

What are some ways to save time when you cook healthy food?

## **DO:**

If not mentioned by participants, share the following ways to save time when you cook:

- Cook large batches so you can freeze some for later.
- Cut up veggies or fruit in advance or use chopped frozen vegetables and fruit if you do not have access to fresh ones.
- Use a slow cooker or instant pot.
- Use leftovers.
- Combine prepared foods with fresh vegetables, fruits, or grains.

## **DISCUSS:**

And what are some ways to make healthy food that you enjoy? What are some ways to cook with less fat? If we need to use prepared foods, like from a wholesale club or the frozen section, how can we combine them with healthy options?

## DO:

Share the following (if not mentioned by participants):

- Slice of pizza with a fresh salad that includes cucumbers, tomatoes, and other raw vegetables
- Boxed macaroni and cheese—use half of the fat and mix in steamed broccoli, green onions, and tuna
- Canned soup with extra veggies added
- Quick quiche with a prepared pie shell, frozen spinach, egg substitute, and low-fat cheese

## SAY:

Other ways to make healthy food that you enjoy include:

- Make small changes to your favorite dishes.
- Choose less processed items—try whole potatoes instead of frozen tater tots.
- Grill or roast veggies and meat.
- Try out new cooking methods that help you enjoy your favorite foods prepared in new ways.
- Try new cooking styles and ingredients.

## Watch Videos (Optional; 10 minutes)

## DO:

Consider sharing one or more of the following videos. Discuss briefly. Or give participants the links so they can watch the videos at home.

- “Make It Fast, Make It Good!” (2:20 minutes): [www.youtube.com/watch?v=rB5TUlo2p\\_A](http://www.youtube.com/watch?v=rB5TUlo2p_A)
- “Budget-Stretching Healthy Meals” (1:55 minutes): [www.youtube.com/watch?v=ixl3-kg59xU](http://www.youtube.com/watch?v=ixl3-kg59xU)
- “Make Every Bite Count with The Dietary Guidelines for Americans, 2020-2025” (2:14 minutes): [www.youtube.com/watch?v=CsUMzYUMNig&ab\\_channel=USDA](http://www.youtube.com/watch?v=CsUMzYUMNig&ab_channel=USDA)

Also consider sharing these additional consumer resources available from the Dietary Guidelines for Americans website: [www.dietaryguidelines.gov/resources/consumer-resources](http://www.dietaryguidelines.gov/resources/consumer-resources)

## Field Trip or Live Cooking Demonstration (Optional; Time Varies)

### **DO:**

Take a field trip outside of session time. Practice healthy shopping and cooking with the group. You or an interested participant can even do a live cooking demo during the session!



Time Estimate: 5 minutes

## **SAY:**

Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.

Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make to your new routines? Are you ready for a new routine?

Also keep in mind what we discussed today about healthy shopping and cooking.

As you try out and practice your new routine, make sure to add in the following to make it automatic:

- Make your new routine easy and the old one harder to follow.
- Build in a healthy reward.
- Create times to repeat and practice your new routines.

If you are ready to add another routine, complete these 3 steps:

1. Identify what current routine needs to change or stop.
2. Plan a new routine that helps you make a positive change that will stick.
3. List cues or hints for when to use your new routine.

## **DO:**

Give participants a few minutes to make their action plan.



Time Estimate: 5 minutes

## SAY:

Please look at “My Meals and Snacks” on page 5 of the Participant Guide. Between now and our next session, use this list to plan options for breakfasts, snacks, lunches, and dinners. You can use “Jerry’s Meals and Snacks” on pages 3 and 4 for ideas.

I’d also like you to complete “My Shopping List” on pages 9 to 11. Make a list of the items you need for the meals and snacks you planned. You can use “Jerry’s Shopping List” on pages 6 to 8 for ideas.

Then use your shopping list to go shopping. You can use “Healthy Shopping Tips” on pages 12 and 13 for ideas.

Finally, cook the meals and snacks you planned. You can use “Healthy Cooking Tips” on page 15 for ideas.



For a virtual session, use the screen share feature to display the resources mentioned above from the Participant Guide for all participants to view.

## DO:

Answer questions as needed.

## SAY:

We have come to the end of our meeting. Today, we discussed how healthy shopping and cooking can help you prevent or delay type 2 diabetes. We talked about:

- Foods that can support your health goals
- Shopping for foods that support your health goals no matter where you get your food
- Cooking the foods you love in new ways and discovering new favorite foods

## **DISCUSS:**

Do you have questions about anything we talked about today?

## **SAY:**

Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about [include specific topics that will be presented in the next session].

Thank you for coming to this session. Remember to bring your Participant Guide and Action Plan Journal to the next session.

End of meeting.