

Family Name _____ Visitor's Name: _____
 Nombre de la Familia _____ Nombre de la Visitante _____

Home Visit # _____ Date: _____ Time: _____ Next Visit Date: _____ Time: _____
 # de Visita _____ Fecha: _____ Hora: _____ Fecha de la Proxima Visita: _____ Hora: _____

Expected Home Visit Outcomes: Resultados esperados de Visita de Hogar :

Identify at least two ways to save money at the grocery store. Plan at least 4 days worth of balanced meals. Identify foods that are high in fat and sodium by reading the labels.

Child Health And Developmental Services Family and Community Partnerships

**Activities Examples:
Ejemplos de Actividades:**

Discuss how you can save money for meal planning

Give a sample menu, and recipes to go with the menus.
 May use their own recipes also. Plan meals and menu for one week.

**Materials:
Materiales:**

Sample Menus and recipes

**Comments:
Comentarios:**

Preparing foods at home from scratch, serve some meatless meals using beans, lentils, peas or eggs as the protein source. Use small amounts of meat for flavor and fill out the meal with pasta, rice, potatoes, or vegetables and beans. Choose whole grains. The fiber helps you feel full and is good for your body. Look for whole wheat breads and pastas, oatmeal, and brown rice. Look for at least 3 grams of fiber per serving on the label. Avoid foods high in cost and fat, salt, or sugar, and low in other nutrients. i.e soda pop, potato chips, candy. Frozen veggies are just as nutritious as fresh vegetables and often cheaper. Fresh fruits are often less expensive per serving than canned or frozen fruit.

Plan your menus one week at a time. Go the grocery store just one time a week. The less you have to go, the less likely you are to purchase things that you do not need. Figure out how much money you can spend on food for the month, and divide that number by the number of weeks in the month. You do not want to spend all of your food money at the beginning of the month. Check your refrigerator and cupboards for foods that you already have. Read grocery store sales flyers. Plan entire meal- make sure to include grains, proteins, fruit, vegetables, and dairy foods.

General Program Information: Información del Programa en general:

Comments about the Home Visit (activities, successes, interests, etc.): Comentas de la Visita en Casa (actividades, sucesos, intereses, etc.):

Parent's Signature: Firma del Padre: _____

UMATILLA MORROW HEAD START HOME VISIT FORM

HEAD START FORMA DE VISITA EN HOGAR

Family Name _____ Visitor's Name: _____
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Expected Home Visit Outcomes: Resultados esperados de Visita de Hogar :

Outcome continued. Sheet 2.

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**Activities Examples:
Ejemplos de Actividades:**

Make a grocery list

Discuss how to go to the store and read labels.

There are also activities and ideas in your Curriculum Guide.

**Materials:
Materiales:**

Paper, envelope, pen

Reading a Food Label Handout

**Comments:
Comentarios:**

Remember, the foods you found in your house during the menu planning. Write down everything you will need to purchase to make a week's worth of menus. Make sure you have included staples like flour, milk, sugar, etc..., if you need them. Group similar items together on your list (ex. Canned foods, dairy, fresh fruits and vegetables, frozen foods). If you have coupons, make a note of that, and clip them to your list. An envelope works for writing your list, because you can stick your coupons in the envelope.

Stick to your list. Take a pen and check off items on your list as you purchase them. Take a calculator and add up your totals as you put items in your cart, so you don't go over your budget limit. Do not shop when you are hungry or your children are tired. Read ingredient lists and nutrition labels-remember to watch for added fat, salt or sugar. Go over *Reading a Food Label* handout. Limit fat, cholesterol, and sodium. Get enough fiber (at least 3 grams), vitamins A and C, calcium, iron. Choose 1% milk for everyone over 2 years of age. Compare prices, using the unit price labels on the front of the store shelf. Don't buy a cheaper product if your family won't eat it. You can save money by peeling your own fruits and vegetables. If you have extra money, stock up on items that your family eats often. Make sure the food won't spoil. You can freeze breads to avoid molding.

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