

4-H +Me = Health: Does Eating Healthy Cost More?

What will we learn? 4-H members will learn that healthy eating does not have to be expensive.

Why is this important? Wise decision making is an important life skill.

Prep time needed: 10 minutes

Activity length: 20 minutes (longer if making a trip to a farmers' market or grocery store as part of this activity)

What will we need?

Preparation:

- Grocery ads (stores will often donate old ads to you)

At the meeting:

- Pencils
- Calculators
- Scrap paper



What do I need to do?

Preparation:

1. Collect sale ads from a local grocery store.

At the meeting:

1. Ask participants if it costs more to eat healthy. No matter what their response, suggest that the club look at a grocery store ads to decide.
2. Distribute the grocery store ads and ask the participants to locate one healthy food and one unhealthy food. Based on price alone, which is the best deal? Example: Compare a bag of chips for \$1.85 to apples for \$1.98. Remind participants not to worry about the weight of the items, just to select the item that on the surface appears to be the best deal.
3. Have them share their results.
4. Now, ask the participants to look a little closer at their choices. How many ounces are in the bag of chips? How about the apples? Ask the participants to calculate the price per pound for each item using the scrap paper and calculator you provide. Remember, there are 16 ounces in a pound. Since most bags of chips weigh

less than a pound, in the example above, the apples would be a better deal economically and health-wise.

5. There may be some cases where the unhealthy food ends up as a better deal financially. This is a great opportunity to talk about how produce costs less when it is “in season.” Evaluate if the healthy item selected is in season. If not, select an in-season healthy item and try the comparison again. What are those results?
6. Also, point out that different stores offer the same products at different prices. It might be a good idea to have ads from several different stores to do a cost comparison.

Summary: Price is not the only factor that should be evaluated when determining the value of food. It’s important to consider the amount of food you are getting for the price you pay.

What 4-H projects does this activity connect with: Consumer Clothing and Nutrition