

We received your request and payment for materials for the Grocery Shopping Skills Training Program.

Enclosed you should find the following materials:

- Outcome measure:
 - Test of Grocery Shopping Skills (TOGSS®)
- Reproducible forms for running the intervention sessions
- Teaching Grocery Shopping Skills training manual

We have made an effort to revise some of the materials so that they are not in a "research" format and are better suited for clinical use. We apologize for the fact that there are still some areas that need to be adapted for more clinical use.

We also would like to point out that our research is still underway and the possibility exists for future revisions/adaptations based on our final analysis and feedback from study participants. A date has been placed on materials and any revisions made in the future will have a date placed on them accordingly. You may wish to check with us in the future to determine if any significant changes were made since you received your copies.

If you have any questions about the materials or this project, please feel free to contact us. We thank you for your interest in our work and would appreciate any feedback you may have to offer after utilizing the materials in your clinic.

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Background Information on the TOGSS®

07/26/04

The Test of Grocery Shopping Skills (TOGSS®) was developed in an effort to assess the effectiveness of a grocery shopping training program in a population with severe mental illness (SMI). This study is still underway and we find we are making occasional minor changes to the form, usually due to changes in grocery item packaging size. The validity of the TOGSS has been examined and individuals without SMI took less time and showed less redundancy in finding items than individuals with schizophrenia and other SMI. The groups did not differ on accuracy of finding items (Hamera, Brown, Rempfer, and Davis, 2002).

There are two forms for the TOGSS. The test is being used as both a baseline and a post-test and so two forms were developed to reduce the possibility of the learning effect skewing the results. You will only need one form for each administration of the test. A preliminary study has indicated that the two forms are equivalent in nature (Hamera & Brown, 2000)

When this test was used during our study, the groceries were paid for through our grant. You will need to decide how you would like to address this issue in your setting.

We have included an example of a store map we developed for use in scoring the TOGSS. You will need to create your own map specific to the grocery store you will be using. We used Microsoft Word tables to create ours.

If you are using this test in research, program evaluation, or any other systematic data collection, we request that you send us your results. You can arrange this by contacting Becky Bothwell at bbothwell@kumc.edu or at (913) 588-7195.

We would like to acknowledge AOTF and NIDRR for their financial assistance in making this research project possible.

Hamera, E., Brown, C., Rempfer, M., and Davis, N.C. (2002) Test of Grocery Shopping skills: Discrimination of people with and without mental illness. Psychiatric Rehabilitation Skills, 6 (3), 296-311.

Hamera, E. & Brown, C. (2000) Developing a Context-based Performance Measure for Individuals with Schizophrenia: The Test of Grocery Shopping Skills. American Journal of Occupational Therapy. 54, 20-25.

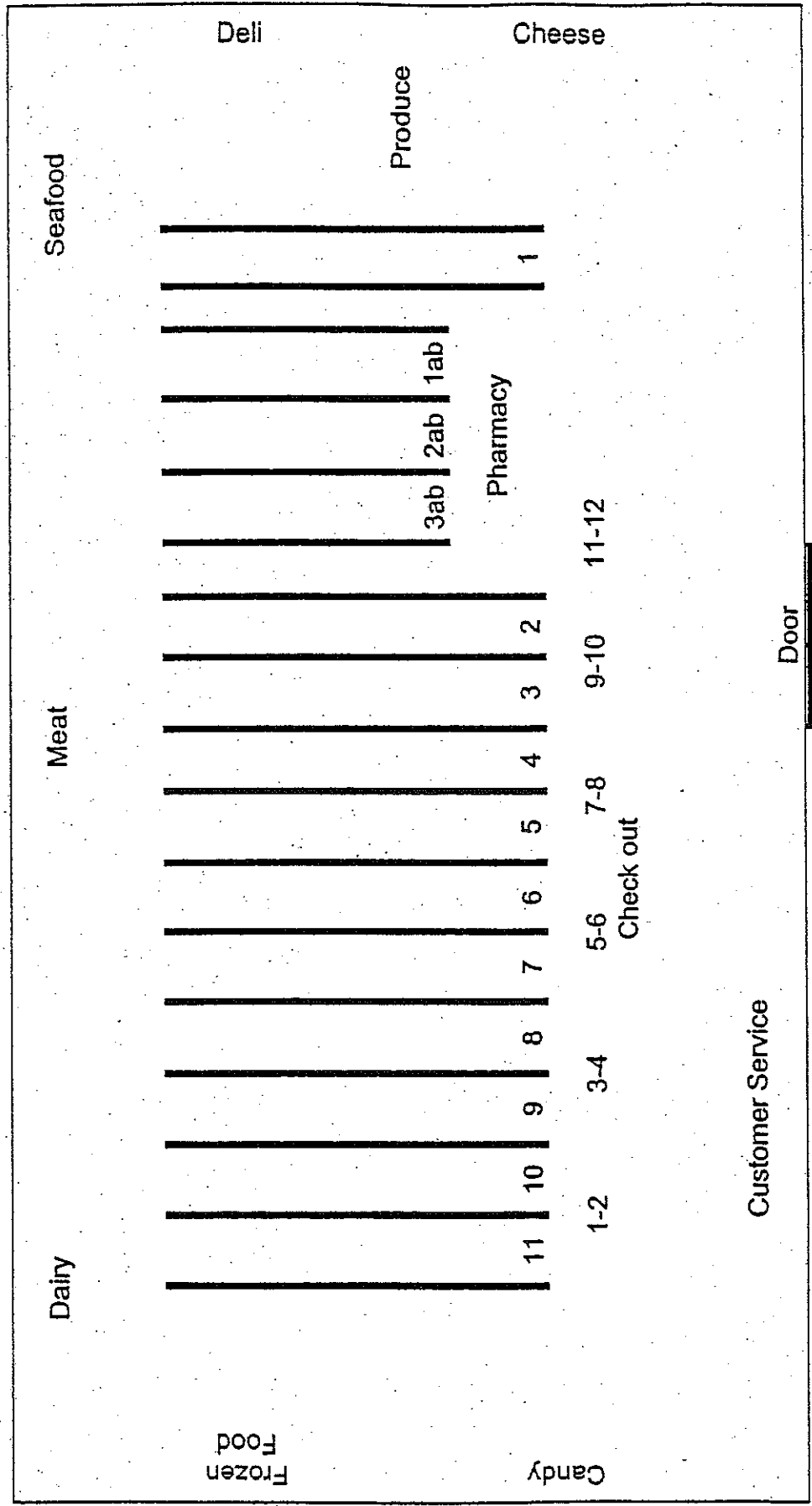
Participant ID _____

Date _____

Tester _____

TOGSS form (circle) 1 2

Testing Period (circle) Baseline Post-Intervention Follow-up



fx asking for help _____

fx unsolicited help offered _____

fx parked cart _____

Wyandot/Johnson Hen House

Test of Grocery Shopping Skills (TOGSS[®]) Protocol

Rev. 06-16-04

Equipment Needed:

- 1 stop watch
- 2 pencils
- 2 clip boards
- Money for grocery items (if purchasing items at completion of test)
- store map

Administration:

1. Take or meet participant at the grocery store.
2. Administer the Grocery Anxiety scale by reading the items to the participant while he/she is looking at the page showing the response options. Administer the Estimation of Shopping Skills showing participant the response categories. Administer these scales in the car or in the store if there is an area to do so right before shopping. If either of these options is impossible administer before you drive to the store.
3. Give the participant a copy of the instructions as you read them aloud. Check if the participant understands the instructions by Saying "I want to be sure you understand the instructions. Tell me what you will do in the store." Make sure the participant mentions the following 5 points:
 - 1) **get the correct items on the list,**
 - 2) **get the correct size for each item,**
 - 3) **get the lowest price for each item,**
 - 4) **don't waste time**
 - 5) **go to the check out counter when finished.**

Remind the participant of any missing points. Then retrieve the instruction sheet from the participant and give the participant a clipboard with the grocery list and an attached pen. Have participant read each item aloud. If they ask you about the items, say "*I can't tell you, but it is a product in the store*".

4. Start timing the participant as he/she obtains a grocery cart. You will follow the participant but don't stand close and don't provide any cues. The participant can ask for help from anyone but you. If the participant seems really stuck and looks to you for help you can say, "*Think about what you would do if I was not here*", or any supportive statement that doesn't provide information.
5. Mark the store map as participant shops. The store map is designed to capture each time the participant stops to look at products in order to find an item on the grocery-shopping list. The rules for completing it are as follows:
 - a. Mark an X each time the participant goes to the perimeter (ex. dairy case) to look for an item.

- b. Mark an X each time the participant enters an aisle to look for an item even if he/she does not go down the entire length or uses the aisle to get to another part of the store. Participants may enter the same aisle more than once.
 - c. Mark an X each time the participant enters the aisle to look for an item even if the participant was in the aisle before and you have already placed an X in the aisle.
 - d. Do not mark another X in an aisle if participant just parks the grocery cart in the aisle to go fetch an item and return it to the cart but do mark the aisle or area participant went to.
 - e. Do not mark an X if the participant looks down an aisle or at the overhead signs.
 - f. Mark an X in the periphery if participant *changes direction* in order to look for an item.
6. On the lower left hand corner of the map is a place to mark each time the participant asks someone (other than you) for help and each time participant receives unsolicited help. Also place a mark each time the participant parks the grocery cart.
 7. Stop timing once participant enters the checkout line.
 8. Mark the order each item is obtained. Each items receives 3 scores. Place a 1 in the box if the item selected is accurate, if it is the right size and if it is the lowest price. Place a 0 in the space if the item selected is not accurate, if the size is not correct or if the item is not the lowest priced. Keep in mind that the participant may not choose the correct item and therefore get a 0 in that box but still get the correct size and the lowest price for the item selected.
 9. Have participant check out.
 10. Verify any items for accuracy that were not identified during shopping. The last column on the TOGSS Score Sheet can be used to write in the brand that is the lowest price at that store. This column is provided to assist you in double checking for lowest price if you choose to do that after the participant finishes shopping. **It is not necessary to use this column if you choose not to.** While the participant is shopping you will need to check to make sure the store is not out of an item or out of the cheapest priced item. In that case you score correct if the participant obtains the closest approximation of the item. For example if the store is out of honey ham, maple sugar is acceptable or if out of salad mix, another kind of salad greens is acceptable. The scoring for correct size and price is based on whether he/she selected the correct size at the lowest price for the substituted item.

TOGSS FORM 1

Revised 06-16-04

Participant ID _____

Date _____

Tester _____

Testing Period: (Circle) Baseline Post-Intervention

SELF-EVALUATION QUESTIONNAIRE

DIRECTIONS:

A number of statements which people have used to describe themselves are given below. Read each statement and then circle the appropriate value to the right of the statement to indicate how you feel about the grocery-shopping task you are about to begin. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

| | NOT AT ALL | SOMEWHAT | MODERATELY SO | VERY MUCH SO |
|----------------------------|------------|----------|---------------|--------------|
| 1. I feel calm..... | 1 | 2 | 3 | 4 |
| 2. I feel at ease..... | 1 | 2 | 3 | 4 |
| 3. I feel upset..... | 1 | 2 | 3 | 4 |
| 4. I feel comfortable..... | 1 | 2 | 3 | 4 |
| 5. I feel nervous..... | 1 | 2 | 3 | 4 |
| 6. I am relaxed..... | 1 | 2 | 3 | 4 |
| 7. I am worried..... | 1 | 2 | 3 | 4 |
| 8. I feel confused..... | 1 | 2 | 3 | 4 |

TOGSS FORM 1

Revised 06-16-04

Participant ID _____

Date _____

Tester _____

Testing Period: (Circle) Baseline Post-Intervention

Describe how you presently feel About the Grocery Shopping Task

_____ Not At All

_____ Somewhat

_____ Moderately So

_____ Very Much So

TOGSS FORM 1

Revised 06-16-04

Participant ID _____

Date _____

Tester _____

Testing Period: (Circle) Baseline Post-Intervention

Estimation of Shopping Skills

1. How good do you think you will be at finding the correct items on the list?

_____ poor

_____ fair

_____ good

_____ very good

2. How good do you think you will be at finding the lowest price for the items on the list?

_____ poor

_____ fair

_____ good

_____ very good

3. How good do you think you will be at finding the right size for the items on the list?

_____ poor

_____ fair

_____ good

_____ very good

4. How efficient do you think you will be at finding the items on the list?

_____ poor

_____ fair

_____ good

_____ very good

5. Estimate how many minutes it will take you to find 10 grocery items? _____

TOGSS FORM 1

Revised 06-16-04

Participant ID _____ Date _____ Tester _____
Testing Period: (Circle) Baseline Post-Intervention

Instructions for Participant for Grocery Shopping

1. You will be given a grocery list of ten items that you will need to locate and select.
2. You will need to pay close attention to decide what size to purchase.
3. You will need to purchase the brand that is the lowest cost for the size.
4. When finished take the cart to a checkout counter
5. I will be with you as you shop and may be taking notes. Use whatever strategies you use when you do your own shopping to find the items on the list. I will be unable to answer questions you have about the items on the list or the products to select. If you want to you may ask others for help.
6. I will be timing you. This does not mean you need to rush, but try not to waste time.
7. For participating in this task, you may keep the items that you find. You may only keep items that are on the list.

TOGSS FORM 1

Revised 06-16-04

Participant ID _____ Date _____ Tester _____
Testing Period: (Circle) Baseline Post-Intervention

Instructions for Participant for Grocery Shopping

1. You will be given a grocery list of ten items that you will need to locate and select.
2. You will need to pay close attention to decide what size to purchase.
3. You will need to purchase the brand that is the lowest cost for the size.
4. When finished take the cart to a checkout counter
5. I will be with you as you shop and may be taking notes. Use whatever strategies you use when you do your own shopping to find the items on the list. I will be unable to answer questions you have about the items on the list or the products to select. If you want to you may ask others for help.
6. I will be timing you. This does not mean you need to rush, but try not to waste time.
7. For participating in this task, you may keep the items that you find. You may only keep items that are on the list.

TOGSS FORM 1

Revised 06-16-04

Participant ID _____

Date _____

Tester _____

Testing Period: (Circle) Baseline Post-Intervention

TEST OF GROCERY SHOPPING SKILLS FORM 1
SCORE SHEET

TIME SCORE

Starting Time (time participant begins shopping) _____

Stopping Time (time participant enters check out line) _____

Total Time _____

ACCURACY SCORE

Score 1 if correct or lowest and 0 if not correct or lowest

| Order Found | Item | correct item | correct size | lowest price | Lowest Priced Brand name |
|-------------|--------------------------------------|--------------|--------------|--------------|--------------------------|
| | 15 oz can red kidney beans | | | | |
| | 1 lb bag of salad mix | | | | |
| | 16 oz frozen corn | | | | |
| | 8 oz lowfat/nonfat strawberry yogurt | | | | |
| | 14.5 oz can stewed tomatoes | | | | |
| | 16 oz spaghetti | | | | |
| | 6-9 oz blueberry muffin mix | | | | |
| | 14 oz can of powdered cleanser | | | | |
| | ½ lb. Ground beef/chuck | | | | |
| | 1 small packet taco seasoning mix | | | | |
| | Total | | | | |

TOGSS FORM 1

Revised 06-16-04

Participant ID _____

Date _____

Tester _____

Testing Period: (Circle) Baseline Post-Intervention

**GROCERY LIST
FORM 1**

- 15 oz can red kidney beans**
- 1 lb bag of salad mix**
- 16 oz frozen corn**
- 8 oz lowfat/nonfat strawberry yogurt**
- 14.5 oz can stewed tomatoes**
- 16 oz spaghetti**
- 6-9 oz blueberry muffin mix**
- 14 oz can of powdered cleanser**
- ½ lb ground beef/chuck**
- 1 small packet taco seasoning mix**

TOGSS FORM 2

Revised 03-01-04

Participant ID _____

Date _____

Tester _____

Testing Period: (Circle) Baseline Post-Intervention

SELF-EVALUATION QUESTIONNAIRE

DIRECTIONS:

A number of statements which people have used to describe themselves are given below. Read each statement and then circle the appropriate value to the right of the statement to indicate how you feel about the grocery-shopping task you are about to begin. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

| | NOT AT ALL | SOMEWHAT | MODERATELY SO | VERY MUCH SO |
|----------------------------|------------|----------|---------------|--------------|
| 1. I feel calm..... | 1 | 2 | 3 | 4 |
| 2. I feel at ease..... | 1 | 2 | 3 | 4 |
| 3. I feel upset..... | 1 | 2 | 3 | 4 |
| 4. I feel comfortable..... | 1 | 2 | 3 | 4 |
| 5. I feel nervous. | 1 | 2 | 3 | 4 |
| 6. I am relaxed..... | 1 | 2 | 3 | 4 |
| 7. I am worried..... | 1 | 2 | 3 | 4 |
| 8. I feel confused..... | 1 | 2 | 3 | 4 |

TOGSS FORM 2

Revised 03-01-04

Participant ID _____

Date _____

Tester _____

Testing Period: (Circle) Baseline Post-Intervention

Describe how you presently feel About the Grocery Shopping Task

_____ Not At All

_____ Somewhat

_____ Moderately So

_____ Very Much So

TOGSS FORM 2

Revised 03-01-04

Participant ID _____

Date _____

Tester _____

Testing Period: (Circle) Baseline Post-Intervention

Estimation of Shopping Skills

1. How good do you think you will be at finding the correct items on the list?

_____ poor

_____ fair

_____ good

_____ very good

2. How good do you think you will be at finding the lowest price for the items on the list?

_____ poor

_____ fair

_____ good

_____ very good

3. How good do you think you will be at finding the right size for the items on the list?

_____ poor

_____ fair

_____ good

_____ very good

4. How efficient do you think you will be at finding the items on the list?

_____ poor

_____ fair

_____ good

_____ very good

5. Estimate how many minutes it will take you to find 10 grocery items? _____

TOGSS FORM 2

Revised 03-01-04

Participant ID _____

Date _____

Tester _____

Testing Period: (Circle) Baseline Post-Intervention

Instructions for Participant for Grocery Shopping

1. You will be given a grocery list of ten items that you will need to locate and select.
2. You will need to pay close attention to decide what size to purchase.
3. You will need to purchase the brand that is the lowest cost for the size.
4. When finished take the cart to a checkout counter
5. I will be with you as you shop and may be taking notes. Use whatever strategies you use when you do your own shopping to find the items on the list. I will be unable to answer questions you have about the items on the list or the products to select. If you want to you may ask others for help.
6. I will be timing you. This does not mean you need to rush, but try not to waste time.
7. For participating in this task, you may keep the items that you find. You may only keep items that are on the list.

TOGSS FORM 2

Revised 03-01-04

Participant ID _____

Date _____

Tester _____

Testing Period: (Circle) Baseline Post-Intervention

Instructions for Participant for Grocery Shopping

1. You will be given a grocery list of ten items that you will need to locate and select.
2. You will need to pay close attention to decide what size to purchase.
3. You will need to purchase the brand that is the lowest cost for the size.
4. When finished take the cart to a checkout counter
5. I will be with you as you shop and may be taking notes. Use whatever strategies you use when you do your own shopping to find the items on the list. I will be unable to answer questions you have about the items on the list or the products to select. If you want to you may ask others for help.
6. I will be timing you. This does not mean you need to rush, but try not to waste time.
7. For participating in this task, you may keep the items that you find. You may only keep items that are on the list.

TOGSS FORM 2

Revised 03-01-04

Participant ID _____

Date _____

Tester _____

Testing Period: (Circle) Baseline Post-Intervention

TEST OF GROCERY SHOPPING SKILLS FORM 2
SCORE SHEET

TIME SCORE

Starting Time (time participant begins shopping) _____

Stopping Time (time participant enters check out line) _____

Total Time _____

ACCURACY SCORE

Score 1 if correct or lowest and 0 if not correct or lowest

| Order Found | Item | correct item | correct size | lowest price | Lowest Priced Brand name |
|-------------|--|--------------|--------------|--------------|--------------------------|
| | 15 1/2 oz can sloppy joe sauce | | | | |
| | 1/4 lb sliced honey ham | | | | |
| | 6 oz can tuna in water | | | | |
| | 25 oz lemon dish soap | | | | |
| | 16 oz low fat/ fat free mayonnaise | | | | |
| | 8 oz shredded cheddar cheese | | | | |
| | small box instant sugar free chocolate pudding | | | | |
| | small can chicken noodle soup | | | | |
| | 14 - 16 oz flour tortillas | | | | |
| | 1 turkey pot pie | | | | |
| | Total | | | | |

TOGSS FORM 2

Revised 03-01-04

Participant ID _____

Date _____

Tester _____

Testing Period: (Circle) Baseline Post-Intervention

**GROCERY LIST
FORM 2**

15 1/2 oz can sloppy joe sauce

1/4 lb sliced honey ham

6 oz can tuna in water

25 oz lemon dish soap

16 oz low fat/ fat free mayonnaise

8 oz shredded cheddar cheese

small box instant sugar free chocolate pudding

small can chicken noodle soup

14 - 16 oz flour tortillas

1 turkey pot pie

“Teaching Grocery Shopping Skills”

**Training Session Materials
including:
Homework, Activity Sheets, Quizzes**

Reproducible Forms

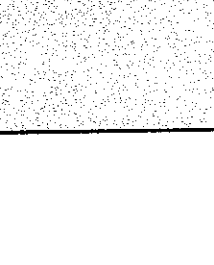
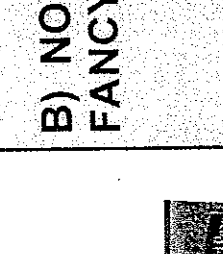
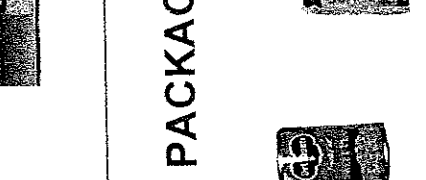
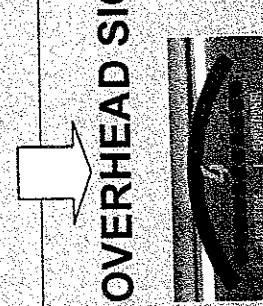
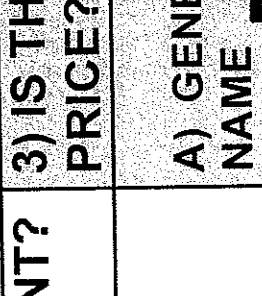
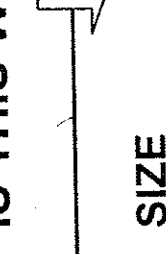
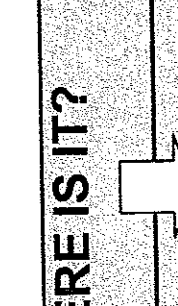
One original of each form needed to conduct the intervention sessions for “Teaching Grocery Shopping Skills” is included in this packet. The number of copies needed will vary depending on the activity and the number of participants in your group. Please read the manual carefully prior to each intervention session in order to determine how many copies you will need.

The help sheet is most clearly seen if color copies are made.

Regarding the manual:

It is important to note that there are occasionally some items that are listed under “Materials Needed” in the manual for each intervention session that may say that the item is “provided.” Although we did provide these materials to the sites who helped us in conducting our research, we are unable to provide them to others. The only items needed for running the intervention that are provided in this packet are the reproducible forms. Examples of items that are needed but are not provided (but may be listed as provided in the manual) are pictures of overhead signs, examples of store maps, calculators, poster board for making crossword puzzle, etc. All of these items are relatively easy to create or acquire. We apologize for any confusion and inconvenience regarding these items. Please preview the “Materials Needed” section of the each intervention well in advance of conducting the session so you will know what materials you may need to create and keep in mind that if the manual lists the item as “provided,” it actually may not be (unless it is one of these reproducible forms).

GROCERY SHOPPING HELP SHEET

| | | |
|--|---|---|
| <p>1) WHERE IS IT?</p> <p>A) USE STORE LAYOUT / MAP</p>  | <p>2) IS THIS WHAT I WANT?</p> <p>A) SIZE</p>  <p>B) PACKAGING</p>  <p>C) OPTIONS</p>  | <p>3) IS THIS THE LOWEST PRICE?</p> <p>A) GENERIC VS. BRAND NAME</p>  <p>B) NO FRILLS / NOTHING FANCY</p>  <p>C) SCAN THOROUGHLY TOP TO BOTTOM</p>  |
|--|---|---|



"WHERE IS IT?"

Session 1

Quiz

List the three strategies for locating items at the grocery store:

1. _____

2. _____

3. _____

SESSION ONE
PRACTICING THE THREE STRATEGIES FOR "WHERE IS IT?"
 CONTEXT-BASED INTERVENTION

In the right hand column, circle the strategy you used for finding each of these items. Put a check in the left hand column when you find the item.

Be sure and use a cart and refer to the help sheet. You may choose one of the items to purchase after you've located everything on the list.

| √ | Item | Circle strategy for locating item |
|---|------------------------------|--|
| | 16 oz package elbow macaroni | ASK FOR HELP OVERHEAD SIGNS STORE LAYOUT |
| | 2 Granny Smith apples | ASK FOR HELP OVERHEAD SIGNS STORE LAYOUT |
| | Small can of fruit cocktail | ASK FOR HELP OVERHEAD SIGNS STORE LAYOUT |
| | Eight pack of frozen waffles | ASK FOR HELP OVERHEAD SIGNS STORE LAYOUT |
| | 4 roll package toilet paper | ASK FOR HELP OVERHEAD SIGNS STORE LAYOUT |

SESSION ONE
HOMEWORK

1. Write the names of five items that you typically buy onto the sticky labels. Place the label on the grocery store layout in the aisle or section of the store where you would find that item.
2. Look at the overhead sign and write in at least 3 items that would be found in that section of the store.



-
3. Practice asking someone for information. If you happen to be in a store, ask someone how

to find something. If not in a store, practice asking for some other kind of information such as:

- asking someone for the time
- asking for directions
- asking for change

Describe your experience of asking for help by answering the following questions.

Who did you ask?

What did you ask?

Did they give you helpful information?

Were you nervous when you asked for help?

"Is This What I Want?"

Session 2

Quiz

List the three strategies for finding the type of item you want:

1. _____

2. _____

3. _____

SESSION TWO
ITEM EXPERT FORM
CONTEXT-BASED INTERVENTION
(AT GROCERY STORE)

You are to become an expert on a particular item. While at the grocery store, find the specified item and answer the questions below about that item.

ITEM _____

WHERE IS IT?

In what SECTION or SECTIONS did you find the item?

What was the written category on the overhead sign in the section that matched your item?

Did someone help you find the item? If so, who helped you?

IS THIS WHAT I WANT?

Does this item come in different sizes? _____yes _____no
If yes, list the sizes it comes in.

Does this item come in different packaging forms? _____yes _____no
If yes, list the different types of packaging it comes in.

Does this item come in different flavors, smells or other options? _____yes _____no
If yes, list the different types of options.

SESSION TWO
ITEM EXPERT FORM
HOMEWORK

You are to become the grocery expert on an everyday item that you have in your cabinet, refrigerator, pantry or closet where you live. Identify an item and answer the question below about the item.

ITEM _____

WHERE IS IT?

In what grocery store SECTION or SECTIONS would you locate this item?

What do you think would be the category listed on the OVERHEAD SIGN in the section where you would find this item?

IS THIS WHAT I WANT?

What size is this item?

Do you know of other sizes in which your item is available? _____ yes _____ no
If yes, list another size.

What is the type of packaging used for this item?

Do you know of other ways your item might be packaged? _____ yes _____ no
If yes, list another packaging choice.

What flavor, smell or other option is your item? (What made you choose this item?)

List another flavor, smell other option available for this item.

"Is This the Lowest Price?"

Session 3

Quiz

List the three strategies for getting the lowest priced item:

1. _____

2. _____

3. _____

SESSION THREE
FINDING THE LOWEST PRICED ITEM
CONTEXT-BASED INTERVENTION

Scan the whole shelf. Find all of the brands for the item and any special frills. Note what shelf each brand was located on. Answer the following questions about the item.

ITEM _____

List all of the brands and the prices for the item. List any frills for an item. Put a star by any generic brands. Circle the lowest priced brand.

| Brand Name | Price | Shelf | Frills? Describe |
|------------|-------|-------|------------------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

What is the difference in cost for the highest and lowest priced items?

Look at the information on the lowest priced item.

Was it a generic brand?

Did it have any frills?

Was it on a top or bottom shelf?

SESSION THREE
FINDING THE LOWEST PRICED ITEM
HOMEWORK

Identify an item that you use at home. Go to the store where you usually shop and find that item. Then answer the following questions. Scan the whole shelf. Find all of the brands for the item and any special frills. Note what shelf each brand was located on. Answer the following questions about the item.

ITEM _____

List all of the brands and the prices for the item. List any frills for an item. Put a star by any generic brands. Circle the lowest priced brand.

| Brand Name | Price | Shelf | Frills? Describe |
|------------|-------|-------|------------------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

What is the difference in cost for the highest and lowest priced items?

Look at the information on the lowest priced item.

Was it a generic brand?

Did it have any frills?

Was it on a top or bottom shelf?

“Non-Food Items”

Session 4

Quiz

Match the items on list one that would be found close to the items on list two.

LIST ONE

Paper Towels

Cough Syrup

Shaving Lotion

Dust Pans

Bleach

LIST TWO

Deodorant

Fabric Softener

Aspirin

Aluminum Foil

Mops

SESSION FOUR
GROCERY LIST SORTING ITEMS
CENTER-BASED INTERVENTION

Leaders: Make sure you have two sets of envelopes. Cut each item out. Place all of the strips of paper from one sheet into an envelope. Give one envelope to each group, have group members sort the items into the categories on the grocery list and then resort into the subcategories based on what items would be closest together.

HAND LOTION

DEODORANT

TOOTHPASTE

COUGH SYRUP

BAND AIDS

ASPIRIN

DISHWASHING LIQUID

POWDERED CLEANSER

TOILET BOWL CLEANSER

BLEACH

LAUNDRY DETERGENT

PAPER TOWELS

TOILET PAPER

TISSUE

PENS

NOTEBOOK PAPER

GLUE

SANDWICH BAGS

ALUMINUM FOIL

WAXED PAPER

GRATER

MEASURING SPOONS

CAN OPENER

SESSION FOUR
GROCERY LIST
CENTER-BASED INTERVENTION

Health/Hygiene

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

Cleaning Items

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

Paper Goods

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

Miscellaneous Non-Food Items

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

SESSION FOUR
 SHOPPING FOR NON-FOOD ITEMS
 CONTEXT-BASED INTERVENTION
 LIST #1

Transfer the five items on the list to the layout of the grocery store. Use your help sheet to remember the nine strategies. Use the layout, overhead signs to find the items, and ask for help when you need to. Be careful to get the right size, packaging and options. Locate the five items on the grocery list. Write down the highest and lowest price for the item. Choose the brand you would prefer after considering price and other features and put this in your cart. After you've found all five items, use your calculator to determine the lowest and the highest price for all of the items.

| √ | Item | Are you sure you got the right size, packaging and options? | lowest price | highest price | Brand you chose and why? |
|---|------------------------------------|---|--------------|---------------|--------------------------|
| | 1 roll of paper towels | | | | |
| | Unscented roll on deodorant | | | | |
| | 75 feet aluminum foil | | | | |
| | small box reclosable sandwich bags | | | | |
| | 1 bar deodorant soap | | | | |
| | | total price for all five items | | | |

SESSION FOUR
 SHOPPING FOR NON-FOOD ITEMS
 CONTEXT-BASED INTERVENTION
 LIST #2

Transfer the five items on the list to the layout of the grocery store. Use your help sheet to remember the nine strategies. Use the layout, overhead signs to find the items, and ask for help when you need to. Be careful to get the right size, packaging and options. Locate the five items on the grocery list. Write down the highest and lowest price for the item. Choose the brand you would prefer after considering price and other features and put this in your cart. After you've found all five items, use your calculator to determine the lowest and the highest price for all of the items.

| √ | Item | Are you sure you got the right size, packaging and options? | lowest price | highest price | Brand you chose and why? |
|---|--------------------------------------|---|--------------|---------------|--------------------------|
| | small box tissue | | | | |
| | small bottle dandruff shampoo | | | | |
| | 1 gallon lemon scented bleach | | | | |
| | 6 – 7 oz tartar control toothpaste | | | | |
| | Package of loose leaf notebook paper | | | | |
| | | total price for all five items | | | |

SESSION FOUR
 SHOPPING FOR NON-FOOD ITEMS
 CONTEXT-BASED INTERVENTION
 LIST #3

Transfer the five items on the list to the layout of the grocery store. Use your help sheet to remember the nine strategies. Use the layout, overhead signs to find the items, and ask for help when you need to. Be careful to get the right size, packaging and options. Locate the five items on the grocery list. Write down the highest and lowest price for the item. Choose the brand you would prefer after considering price and other features and put this in your cart. After you've found all five items, use your calculator to determine the lowest and the highest price for all of the items.

| √ | Item | Are you sure you got the right size, packaging and options? | lowest price | highest price | Brand you chose and why? |
|---|--|---|--------------|---------------|--------------------------|
| | package of 120 napkins | | | | |
| | 10 oz bottle of hand lotion | | | | |
| | box of 40 fabric softener dryer sheets | | | | |
| | small bottle toilet bowl cleaner | | | | |
| | package of 10 trash bags | | | | |
| | | total price for all five items | | | |

HOMEWORK
SESSION FOUR, FIVE, AND SIX

Fill in the spaces with items you typically buy in the designated section. Then transfer the names of the items to the layout of the grocery store.

SESSION FOUR

Health/Hygiene:

1. _____
2. _____
3. _____

Cleaning Items:

1. _____
2. _____
3. _____

Paper Goods:

1. _____
2. _____
3. _____

Miscellaneous Non-Food Items:

1. _____
2. _____
3. _____

SESSION FIVE

Boxed Foods:

1. _____
2. _____
3. _____

Frozen Foods:

1. _____
2. _____
3. _____

Canned Foods:

1. _____
2. _____
3. _____

SESSION SIX

Produce:

1. _____
2. _____
3. _____

Meats:

1. _____
2. _____
3. _____

Deli:

1. _____
2. _____
3. _____

Dairy:

1. _____
2. _____
3. _____

“Canned, Boxed and Frozen Foods”

Session 5

Quiz

Match the items on list one that would be found close to the items on list two.

LIST ONE

Ice cream

Canned Green Beans

Macaroni and Cheese

Cool Whip

Fruit Cocktail

LIST TWO

Frozen pie crust

Applesauce

Popsicle

Creamed Corn

Rice

SESSION FIVE
 SHOPPING FOR CANNED, BOXED AND FROZEN ITEMS
 CONTEXT-BASED INTERVENTION
 LIST #1

Transfer the five items on the list to the layout of the grocery store. Use your help sheet to remember the nine strategies. Use the layout, overhead signs to find the items, and ask for help when you need to. Be careful to get the right size, packaging and options. If you are unable to locate the exact size listed, then select the next closest size available. Locate the five items on the grocery list. Write down the highest and lowest price for the item. Choose the brand you would prefer after considering price and other features and put this in your cart. After you've found all five items, use your calculator to determine the lowest and the highest price for all of the items.

| √ | Item | Are you sure you got the right size, packaging and options? | lowest price | highest price | Brand you chose and why? |
|---|-----------------------------------|---|--------------|---------------|--------------------------|
| | small can tomato soup | | | | |
| | ½ gallon chocolate ice cream | | | | |
| | 16 oz fettucine noodles | | | | |
| | 23 – 25 oz applesauce | | | | |
| | 16 oz low fat/fat free mayonnaise | | | | |
| | | total price for all five items | | | |

SESSION FIVE
 SHOPPING FOR CANNED, BOXED AND FROZEN ITEMS
 CONTEXT-BASED INTERVENTION
 LIST #2

Transfer the five items on the list to the layout of the grocery store. Use your help sheet to remember the nine strategies. Use the layout, overhead signs to find the items, and ask for help when you need to. Be careful to get the right size, packaging and options. If you are unable to locate the exact size listed, then select the closest size available. Locate the five items on the grocery list. Write down the highest and lowest price for the item. Choose the brand you would prefer after considering price and other features and put this in your cart. After you've found all five items, use your calculator to determine the lowest and the highest price for all of the items.

| √ | Item | Are you sure you got the right size, packaging and options? | lowest price | highest price | Brand you chose and why |
|---|--------------------------------|---|--------------|---------------|-------------------------|
| | 14 – 15 oz creamed corn | | | | |
| | 1 frozen beef and bean burrito | | | | |
| | 3 oz black cherry jello | | | | |
| | 48 oz vegetable oil | | | | |
| | 15 oz can beef stew | | | | |
| | | total price for all five items | | | |

SESSION FIVE
 SHOPPING FOR CANNED, BOXED AND FROZEN ITEMS
 CONTEXT-BASED INTERVENTION
 LIST #3

Transfer the five items on the list to the layout of the grocery store. Use your help sheet to remember the nine strategies. Use the layout, overhead signs to find the items, and ask for help when you need to. Be careful to get the right size, packaging and options. If you are unable to locate the exact size listed, then select the closest size available. Locate the five items on the grocery list. Write down the highest and lowest price for the item. Choose the brand you would prefer after considering price and other features and put this in your cart. After you've found all five items, use your calculator to determine the lowest and the highest price for all of the items.

| √ | Item | Are you sure you got the right size, packaging and options? | lowest price | highest price | Brand you chose and why? |
|---|---|---|--------------|---------------|--------------------------|
| | 8 oz low fat honey mustard salad dressing | | | | |
| | 10 oz frozen green beans | | | | |
| | 1 liter diet cola | | | | |
| | 16 oz fat free refried beans | | | | |
| | 15 oz chili without beans | | | | |
| | | total price for all five items | | | |

“Produce, Deli, Meats and Dairy”

Session 6

Quiz

Match the items on list one that would be found close to the items on list two.

LIST ONE

Pears

Pork chops

Butter

Refrigerated Salad Dressing

Salami

LIST TWO

Chicken thighs

Sliced Ham

Grapes

Cole slaw mix

Block Cheddar Cheese

SESSION SIX
OUTBURST
CENTER-BASED INTERVENTION

Check off items as other team names them.

| Produce | |
|----------|----------------|
| Bananas | Cabbage |
| Broccoli | Zucchini |
| Oranges | Sweet potatoes |
| Lettuce | Carrots |
| Onions | Plums |

Check off items as other team names them.

| Meats | |
|-----------------|---------------|
| Pork chops | Turkey |
| Chicken breasts | Chicken wings |
| Steaks | Ground beef |
| Brisket | Sausage |
| Hot dogs | Ham |

Check off items as other team names them.

| Deli | |
|--------------|-----------------|
| Potato salad | American cheese |
| Salami | Macaroni salad |
| Corned beef | Ham |
| Swiss cheese | Roast beef |
| Turkey | Cole slaw |

Check off items as other team names them.

| Dairy | |
|-------------------|----------------|
| Yogurt | Chocolate milk |
| Sour cream | Milk |
| Butter | Margarine |
| French onion dip | Cream cheese |
| Mozzarella cheese | Eggs |

SESSION SIX
 SHOPPING FOR PRODUCE, MEATS, DELI AND DAIRY ITEMS
 CONTEXT-BASED INTERVENTION
 LIST #1

Transfer the five items on the list to the layout of the grocery store. Use your help sheet to remember the nine strategies. Use the layout, overhead signs to find the items, and ask for help when you need to. Be careful to get the right size, packaging and options. If you are unable to locate the exact size listed in pre-packaged items, **you should then ask for assistance from personnel behind the deli or meat counter.** Locate the five items on the grocery list. Write down the highest and lowest price for the item. Choose the brand you would prefer after considering price and other features and put this in your cart. After you've found all five items, use your calculator to determine the lowest and the highest price for all of the items.

| √ | Item | Are you sure you got the right size, packaging and options? | lowest price | highest price | Brand you chose and why? |
|---|------------------------------------|---|--------------|---------------|--------------------------|
| | ½ lb. sliced turkey | | | | |
| | 4 chicken legs | | | | |
| | 8 oz lowfat/lite/nonfat sour cream | | | | |
| | 1 lb unsalted butter | | | | |
| | 1 bag coleslaw mix | | | | |
| | | total price for all five items | | | |

SESSION SIX
 SHOPPING FOR PRODUCE, MEATS, DELI AND DAIRY ITEMS
 CONTEXT-BASED INTERVENTION
 LIST #2

Transfer the five items on the list to the layout of the grocery store. Use your help sheet to remember the nine strategies. Use the layout, overhead signs to find the items, and ask for help when you need to. Be careful to get the right size, packaging and options. If you are unable to locate the exact size listed in pre-packaged items, **you should then ask for assistance from personnel behind the deli or meat counter.** Locate the five items on the grocery list. Write down the highest and lowest price for the item. Choose the brand you would prefer after considering price and other features and put this in your cart. After you've found all five items, use your calculator to determine the lowest and the highest price for all of the items.

| √ | Item | Are you sure you got the right size, packaging and options? | lowest price | highest price | Brand you chose and why? |
|---|------------------------|---|--------------|---------------|--------------------------|
| | ½ lb. sliced salami | | | | |
| | ½ lb. ground beef | | | | |
| | 1 quart chocolate milk | | | | |
| | 1 lb. potato salad | | | | |
| | 1 sweet potato | | | | |
| | | total price for all five items | | | |

SESSION SIX
 SHOPPING FOR PRODUCE, MEATS, DELI AND DAIRY ITEMS
 CONTEXT-BASED INTERVENTION
 LIST #3

Transfer the five items on the list to the layout of the grocery store. Use your help sheet to remember the nine strategies. Use the layout, overhead signs to find the items, and ask for help when you need to. Be careful to get the right size, packaging and options. If you are unable to locate the exact size listed, **you should then ask for assistance from personnel behind the deli or meat counter.** Locate the five items on the grocery list. Write down the highest and lowest price for the item. Choose the brand you would prefer after considering price and other features and put this in your cart. After you've found all five items, use your calculator to determine the lowest and the highest price for all of the items.

| √ | Item | Are you sure you got the right size, packaging and options? | lowest price | highest price | Brand you chose and why? |
|---|--------------------------------|---|--------------|---------------|--------------------------|
| | ½ lb. sliced mozzarella cheese | | | | |
| | 1 pork chop | | | | |
| | 8 oz fat free cream cheese | | | | |
| | 64 oz orange juice | | | | |
| | 1 navel orange | | | | |
| | | total price for all five items | | | |

"Using all the Strategies"

Session 7

Quiz

List the three strategies for locating items at the grocery store (Where Is It?):

1. _____

2. _____

3. _____

List the three strategies for finding the type of item you want (Is This What I Want?):

1. _____

2. _____

3. _____

List the three strategies for getting the lowest priced item (Is This The Lowest Price?):

1. _____

2. _____

3. _____

SESSION SEVEN

HOMEWORK

Transfer these items to the categorized grocery list and then write the items on the grocery store layout.

Meal #1 Tacos

2 lbs ground meat

1 head lettuce

3 tomatoes

8 oz cheddar cheese

8 oz sour cream

1 jar salsa

2 packages taco seasoning

2 boxes 12 taco shells

1 can sliced black olives

1 package lemonade mix

SESSION SEVEN

HOMEWORK

Transfer these items to the categorized grocery list and then write the items on the grocery store layout.

Meal #2 Spaghetti

2 lbs ground beef

2 jars spaghetti sauce

2 lbs spaghetti pasta

1 loaf french bread

1 tub margarine

1 container parmesan cheese

1 64 oz bottle grape juice

1 prepared angel food cake

1 large container Cool Whip

1 pint strawberries

SESSION SEVEN

HOMEWORK

Transfer these items to the categorized grocery list and then write the items on the grocery store layout.

Meal #3 Pizza

2 pizza crusts

1 package pepperoni

½ lb. ground italian sausage

1 onion

1 small can mushrooms

1 small can sliced ripe olives

1 lb mozzarella cheese

1 small container parmesan cheese

1 carton fruit punch

SESSION SEVEN

HOMEWORK

Transfer these items to the categorized grocery list and then write the items on the grocery store layout.

Meal #4 Chef Salad

2 heads of lettuce

4 tomatoes

1 dozen large eggs

½ lb sliced ham

½ lb sliced turkey

8 oz cheddar cheese

1 bottle salad dressing

1 cucumber

1 package saltine crackers

1 liter soft drink

SESSION SEVEN

HOMEWORK

Transfer these items to the categorized grocery list and then write the items on the grocery store layout.

Meal #5 Deluxe Sandwiches

1 lb sliced ham

1 lb sliced turkey

1 container instant tea mix

1 head iceberg lettuce

2 tomatoes

1 small jar mayonnaise

1 jar dill pickles

9 sandwich rolls

1 bag potato chips

1 lb sliced Swiss cheese

SESSION SEVEN

HOMEWORK

Transfer these items to the categorized grocery list and then write the items on the grocery store layout.

Meal #6 Tomato Soup and Grilled Cheese Sandwiches

1 loaf bread

1 package sliced American cheese

1 small tub margarine

4 cans tomato soup

1 package saltine crackers

½ gallon vanilla yogurt

1 container chocolate sauce

1 container caramel topping

1 package chopped nuts

1 liter soft drink

SESSION SEVEN
HOMEWORK

Transfer the items from your grocery list onto this categorized list. Then write the items onto the grocery store layout.

Health/Hygiene:

1. _____
2. _____
3. _____

Boxed Foods:

1. _____
2. _____
3. _____

Produce:

1. _____
2. _____
3. _____

Cleaning Items:

1. _____
2. _____
3. _____

Frozen Foods:

1. _____
2. _____
3. _____

Meats:

1. _____
2. _____
3. _____

Paper Goods:

1. _____
2. _____
3. _____

Canned Foods

1. _____
2. _____
3. _____

Deli:

1. _____
2. _____
3. _____

Miscellaneous Non-Food Items

1. _____
2. _____
3. _____

Dairy:

1. _____
2. _____
3. _____

SESSION EIGHT
MEAL OPTIONS
CENTER-BASED INTERVENTION

1.) Tacos

ground beef
lettuce
tomatoes
cheese
sour cream
salsa
taco seasoning
taco shells
black olives
lemonade

2.) Spaghetti

ground beef
spaghetti sauce
spaghetti noodles
French bread
butter
parmesan cheese
bakery angel food cake
strawberries
whipped cream
grape juice

3.) Pizza

pizza crust
pizza sauce
pepperoni
ground sausage
onions
mushrooms
olives
mozzarella cheese
parmesan cheese
fruit punch

4.) Chef's Salad

lettuce
tomatoes
ham
cheddar cheese
salad dressing
eggs
cucumber
crackers
turkey
soda/pop

5.) Deluxe Sandwiches

sliced ham
sliced turkey
lettuce
tomato
mayonnaise
pickles
sliced swiss cheese
deli rolls
chips
iced tea

6.) Tomato Soup and Grilled
Cheese

sandwich bread
American cheese
butter
canned tomato soup
saltine crackers
frozen vanilla yogurt
chocolate sauce
caramel topping
chopped nuts
soda/pop

SESSION EIGHT
CATEGORIZED GROCERY LIST
CENTER-BASED INTERVENTION

Health/Hygiene:

1. _____
2. _____
3. _____

Cleaning Items:

1. _____
2. _____
3. _____

Paper Goods:

1. _____
2. _____
3. _____

Miscellaneous Non-Food Items

1. _____
2. _____
3. _____

Boxed Foods:

1. _____
2. _____
3. _____

Frozen Foods:

1. _____
2. _____
3. _____

Canned Foods

1. _____
2. _____
3. _____

Produce:

1. _____
2. _____
3. _____

Meats:

1. _____
2. _____
3. _____

Deli:

1. _____
2. _____
3. _____

Dairy:

1. _____
2. _____
3. _____

SESSION EIGHT
GROCERY LIST
CONTEXT-BASED INTERVENTION

| Meal #1 Tacos | Lowest Priced Brand Name | Lowest Price |
|---------------------------|--------------------------|--------------|
| 2 lbs ground meat | | |
| 1 head lettuce | | |
| 3 tomatoes | | |
| 8 oz cheddar cheese | | |
| 8 oz sour cream | | |
| 1 jar salsa | | |
| 2 packages taco seasoning | | |
| 2 boxes of 12 taco shells | | |
| 1 can sliced black olives | | |
| 1 package lemonade mix | | |

SESSION EIGHT
GROCERY LIST
CONTEXT-BASED INTERVENTION

| Meal #2 Spaghetti | Lowest Priced Brand Name | Lowest Price |
|-----------------------------|--------------------------|--------------|
| 2 lbs ground meat | | |
| 1 jars spaghetti sauce | | |
| 2 lbs spaghetti pasta | | |
| 1 loaf french bread | | |
| 1 tub margarine | | |
| 1 container parmesan cheese | | |
| 1 64 oz bottle grape juice | | |
| 1 prepared angel food cake | | |
| 1 large container Cool Whip | | |
| 1 pint strawberries | | |

**SESSION EIGHT
GROCERY LIST
CONTEXT-BASED INTERVENTION**

| Meal #3 Pizza | Lowest Priced Brand Name | Lowest Price |
|-----------------------------------|---------------------------------|---------------------|
| 2 pizza crusts | | |
| 1 package pepperoni | | |
| ½ lb italian sausage | | |
| 1 onion | | |
| 1 small can mushrooms | | |
| 1 small can sliced ripe olives | | |
| 1 lb mozzarella cheese | | |
| 1 small container parmesan cheese | | |
| 1 carton fruit punch | | |
| 1 package lemonade mix | | |

SESSION EIGHT
GROCERY LIST
CONTEXT-BASED INTERVENTION

| Meal #4 Chef Salad | Lowest Priced Brand Name | Lowest Price |
|---------------------------------|--------------------------|--------------|
| 2 heads lettuce | | |
| 4 tomatoes | | |
| 1 dozen large eggs | | |
| ½ lb sliced ham | | |
| ½ lb sliced turkey | | |
| 8 oz cheddar cheese | | |
| 1 bottle Italian salad dressing | | |
| 1 bottle ranch salad dressing | | |
| 1 package saltine crackers | | |
| 1 liter soft drink | | |

SESSION EIGHT
GROCERY LIST
CONTEXT-BASED INTERVENTION

| Meal #5 Deluxe sandwiches | Lowest Priced Brand Name | Lowest Price |
|----------------------------------|--------------------------|--------------|
| 1 lb sliced ham | | |
| 1 lb sliced turkey | | |
| 1 container instant tea mix | | |
| 1 head iceberg lettuce | | |
| 3 tomatoes | | |
| 1 small jar mayonnaise | | |
| 1 jar dill pickles | | |
| 9 sandwich rolls | | |
| 1 large bag potato chips | | |
| 1 package sliced American cheese | | |

SESSION EIGHT
GROCERY LIST
CONTEXT-BASED INTERVENTION

| Meal #6 Tomato soup and grilled cheese sandwiches | Lowest Priced Brand Name | Lowest Price |
|---|--------------------------|--------------|
| 1 loaf bread | | |
| 1 package sliced American cheese | | |
| 1 small tub margarine | | |
| 4 cans tomato soup | | |
| 1 package saltine crackers | | |
| 1/2 gallon vanilla ice cream | | |
| 1/2 gallon chocolate ice cream | | |
| 1 container caramel topping | | |
| 1 container chocolate sauce | | |
| 1 liter soft drink | | |

ID NO. _____

DATE _____

Grocery Shopping Course Evaluation Homework – Session Eight

| | never | rarely | sometimes | most of the time | always |
|--|-------|--------|-----------|---------------------|--------|
| 1. The teachers were prepared for the sessions. | | | | | |
| 2. The teachers were helpful. | | | | | |
| 3. I was able to understand the material. | | | | | |
| 4. The class was boring. | | | | | |
| 5. The class was fun. | | | | | |
| 6. I learned things that will help me in my grocery shopping. | | | | | |
| 7. I enjoyed learning in a group. | | | | | |
| 8. The homework was useful for practicing what I was learning. | | | | | |

Three things I liked most about the class:

Three things I didn't like about the class:

FOCUS GROUP QUESTIONS

1. What was the easiest part of the shopping class?
2. What was the hardest part of the shopping class?
3. What strategy do you think you will use the most in your own shopping?
4. What was good about going to the store in each class?
5. What was bad about going to the store in each class?
6. What did the teachers do that you thought was most helpful?

7. What did the teachers do that was not helpful?

8. What activities did you like the most?

9. What activities did you like the least?

10. Was it useful to work with other class members on activities? Why or why not?

11. How did you feel about learning in a group?

12. What did you think of the homework?

13. What was the main reason you came to this group?

14. What suggestions do you have to improve the grocery shopping class?