

Instructions for a grocery store orientation lesson:

Time: Around 2 hours

Goals:

- Help the family create a grocery list
- Show the family how to get to the nearest grocery store by foot or public transportation
- Get the family a store discount card, if applicable
- Give the family a general overview of the types of foods/options available at the grocery store
- Teach the family how to make wise, healthy shopping decisions within their budget

What to bring:

- Their address and phone number (for discount card)
- Money for bus or bus pass
- Money/food stamps/gift card to pay for food
- Oxford Picture Dictionary

Before you go:

- Find the nearest grocery store and figure out how to get there

Steps:

1. When you arrive, work with the family to look through the cabinets and refrigerator and make a grocery list.
2. Make sure the family has everything on the "Need to Bring" list.
3. Walk or ride the bus to the grocery store. Taking the bus could be good practice after your last assignment with the family!
4. Go to the front desk and apply for a discount card, if applicable.
5. Take the family on a tour through the grocery store, going through the various sections and pointing out price differences, especially between brand names and generic brands. Also explain sales and how the discount card works.
6. After going through the store, help the family find the first few items on their list, explaining to them why you made the choices you did.
7. Now let the family find a few items on their own, bringing them back to you at the cart. If they have any problems, such as picking the wrong food or choosing an expensive brand, try to show them a better way.
8. Let the family pay and use the discount card, keeping an eye out for any difficulties.
9. After you return to the family's home, help them to unload the groceries, pointing out which items go in the refrigerator, the freezer, and the cupboards

Tips:

- If the refugee family is illiterate or speaks very little English, use the Oxford Picture Dictionary for help in making a grocery list.

- Sometimes it's difficult to tell the difference between meats at the grocery store. Show the family ways to tell which meat comes from which animal, as some cultures have special rules about some animals.
- Before you go, look through a few newspapers or other sources and cut out coupons with the family for additional savings
- Work with the family to make a map of the store as you go. This will help the next time that they visit and give them vocabulary practice!