



The goal of the **SmartChoice\$** curriculum is to help limited resource families develop skills in managing resources and food shopping so that they will be better able to provide nutritious and adequate food for their families.

SmartChoice\$ includes five lessons:

- Increasing Food Resources – Decreasing Food Expenses
- Developing a Family Spending Plan
- Managing Your Food Money
- Food Needs and Wants
- Food Shopping

Lessons provide information on applying for food stamps, developing a family spending plan and a food budget, setting spending priorities, and becoming a better food shopper. Lesson activities provide learners the opportunity to apply new information in ways that are meaningful to them. The structure of each lesson encourages participants to engage in conversation with a partner to examine how the new information relates to them personally. Learners share their own strategies for resource management and food shopping, a process that reinforces positive behaviors.

Each lesson is designed to “stand alone”, but lesson outcomes are greater when the five lessons are provided in a series of lessons. The curriculum includes a leader’s guide, worksheets, activity materials, and participant booklets.

Contact your Maryland Cooperative Extension Office for more information on how this innovative program can help your organization’s clients develop new skills in managing their food resources!



EQUAL ACCESS PROGRAMS

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