

MEAL PLANNING AND SHOPPING FOR OLDER ADULTS

Role Play

Requires two volunteers:

Mary, the direct care worker; and Mrs. Brown, an older adult. Mary works for a Home Care Agency as a direct care worker. She goes to help Mrs. Brown twice a week. One day she does the shopping. Mary is getting ready to go to the grocery store and is working on the list.



Mary: Mrs. Brown, I'm getting ready to go to the store. Can we sit for a few minutes and talk about the grocery list?

Mrs. Brown: Oh, I don't get very hungry. Just pick up a dozen chocolate donuts.

Mary: I love those chocolate donuts, too, Mrs. Brown. I have a shopping list we can use to think about what else you might like. Do you have anything you need to use up in the refrigerator?

Mrs. Brown: Well, my daughter was over and brought a roast chicken. I have some of that left over.

Mary: Was that yesterday?

Mrs. Brown: Yes. She brought over some paper towels and toilet paper for me, and some frozen meals. She thinks I will like them.

Mary: Those meals sound great for later in the week. Maybe we can get some vegetables and make something with the chicken tonight.

Mrs. Brown: I like chicken and rice.

Mary: I have a nice recipe that I tried at a cooking demonstration. Do you like broccoli? I could pick some up at the store.

Mrs. Brown: Yes, I do. I also like carrots. Maybe some of those small carrots would be good for tomorrow.

Mary: How about if we check the refrigerator and cupboard and see what else you need for the rest of the week? Do you like apples? The crop is wonderful this year.

Mrs. Brown: Yes I do, and I know they are good for me. I could eat 2 apples and 2 bananas over the next few days. I just wish they tasted as good as chocolate donuts.

Mary: What about just one chocolate donut? It would be a special treat and you have made some healthy choices.

Mrs. Brown: Yes, at age 88, what does it hurt to have one chocolate donut? I don't have much money for food. Medicine and everything is so expensive. I can't spend any more than \$30.00 for groceries.

Mary: I can have my supervisor tell you about some programs. You can have a hot meal delivered at noon, and there are other types of food assistance.

Mrs. Brown: Those surplus food programs and food stamps are for poor people, not me.

Mary: I understand. If you ever change your mind, I will be glad to have my supervisor get you the information. How do you want me to pay for the groceries?

Mrs. Brown: Here is the money. Bring the receipt back to me.