



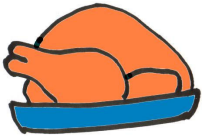
GROCERY SHOPPING ON A BUDGET

Instructions: You have the task of doing all the grocery shopping for an entire month for your family—this is a big responsibility! You will only have \$30. Below is a list of common foods that we buy in the grocery store on a weekly basis. Some of these foods might not be what you and your family like to eat all the time, but remember this is only an exercise. You will have to choose from the list below and buy all your food with \$30.

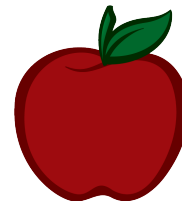
Your Shopping List



Loaf of bread: \$2
Package of pasta: \$1
Rice: \$2
Carton of milk: \$3
Juice: \$2
Cheese: \$3
Chicken: 2lbs for \$7
Beef: 1 lb for \$7
Fish: 1 lb for \$7
Can of tuna fish: \$2
Bananas: 5 for \$2
Grapes: 1 lb for \$2
Cereal: 1 box for \$3
Cookies: 1 package for \$3
Potato Chips: \$2



Ice Cream: 1 quart for \$3
Soda: 1 2L for \$2
Frozen peas and carrots: 1 package for \$2
Frozen Fish Sticks: 1 box for \$4
Eggs: 1 dozen for \$2
Peanut Butter: \$3
Jelly: \$3
Lettuce: \$1
Tomatoes: 5 for \$2
Cucumber: \$1
Peppers: 5 for \$2
Potatoes: 5 for \$1
Apples: 5 for \$2
Oranges: 5 for \$2



Step #1: List the items and cost for the food you will buy for your family.

Step #2: Total up the amount of money spent to buy that food.

Step #3: Answer the following questions:

1. Do you think you bought enough food to sufficiently feed your family? How many meals do you think you can cover with the amount of food you purchased?
2. Did you have any money left over for other expenses? What other expenses might a family have to cover in addition to food?
3. What if you only had \$1 a day to live on for food and everything else in your life?
4. How does it make you feel to think about children all over the world who actually live on this budget?