**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!

• As in the first exercise, 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 ,

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 Eggs $2;

Package of pasta: $3

Rice: $4

Bananas: 5 for $2

Grapes: $2

Cereal: $3

Cookies: $2

Potato Chips: $2

Ice Cream: $3

Soda: $2

Frozen peas and carrots: $2

Frozen Fish Sticks: $4

Carton of milk: $2

Juice: $2

Cheese: $3

Chicken: $7

Beef: $7

Fish: $7

Can of tuna fish: $2

Step #1: Make your budget

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| --- | --- |
| **My Groceries for One Month:**  | **Cost:**  |
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|  |  |
|  |  |
|  |  |
| **Total Spent:**  |

Step #2: Yesterday I ate…

Now we have figured out what we ate in one whole day and how much food we could buy with $30 for one whole month. Do you think $30 is enough money to live on for one whole month?

BUT WAIT A MINUTE.

In Activity #1 we had $30 to do all the fun activities and in activity #2 we had $30 to do the grocery shopping. What if you only had $30 for every month, to do everything? What if you only had $1 a day to live on for food, fun and everything else in your life? Now that you have done the above activities, think about how hard it would be to live on only $1 a day, or $30 dollars a month. How does it make you feel to think about children all over the world who actually live on this budget? How would you feel if you had to?

Step #3: Write down your thoughts