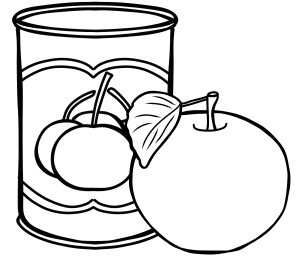


Meal Planning On a Budget

Name _____



Challenge:

You will plan dinner for a family of 5 for a week. You will plan your menu, and "shop" using grocery advertisements to follow a budget. Then answer the questions about your experience.

Planning

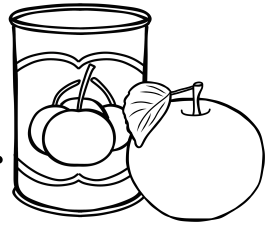
Budget: \$100

Dinner Meal Plans: Think of dinners you eat at home or come up with your own ideas. Think about ingredients and everything you will need to prepare the food. You can buy some ingredients that will be used for multiple meals. (Ex. Shredded cheese for tacos and on top of a salad.) You are feeding 2 adults and 3 kids every night. Feeding your family a healthy meal is important, so pay attention to the food pyramid guidelines.

| Sunday | Monday | Tuesday | Wednesday |
|----------|--------|----------|-----------|
| | | | |
| Thursday | Friday | Saturday | |
| | | | |

Name _____

Meal Planning on a Budget: SHOPPING LIST



| Food item | Price | Quantity | Total |
|-----------|-------|----------|-------|
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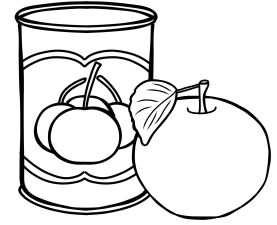
Grocery shopping total: _____

Local sales tax percentage: _____ Multiple by total: _____

FINAL SHOPPING BILL: _____

Meal Planning on a Budget: MY EXPERIENCE

Name _____



1. Did you stick to your budget? _____
2. What do you think made you successful/ unsuccessful at this task?

3. What was the most difficult part about meal planning on a budget?

4. What did you learn from this experience? _____

5. What would you do the same and/ or differently when having to meal plan on a budget again? _____
