

Feeding a Family

You need to plan and purchase a nutritious meal for a family for one day. Try as best as you can to stick to your daily budget. Circle your meal options.

Grocery List

Breakfast

Cereal

Cereal: \$4.00

Milk: \$3.00

TOTAL: \$7.00

Cereal and Fruit & Yogurt

Organic cereal: \$5.00

Organic milk: \$7.00

Organic yogurt: \$4.00

Organic strawberries: \$4.00

TOTAL: \$20.00

Frozen Waffles and Fruit

Box of frozen waffles: \$4.00

Blueberries: \$3.50

TOTAL: \$7.50

Box of toaster pastries

One box: \$3.00

TOTAL: \$3.00

Lunch

Cheese sandwich

Cheese: \$2.50

Bread: \$1.50

TOTAL: \$4.00

Peanut Butter & Jelly

Peanut butter: \$3.50

Jelly: \$2.50

TOTAL: \$6.00

Ham sandwiches, cookies, and fruit

Ham and bread: \$4.00

Cookies: \$3.00

Apples: \$4.00

TOTAL: \$11.00

Other lunch option:

Fast food for family: \$8.00

Dinner

Spaghetti, Salad, and Bread

Noodles: \$1.00

Sauce: \$1.50

Garlic bread: \$3.00

Salad: \$3.00

TOTAL: \$8.50

Hot Dogs and Soup

Hot dogs: \$3.00

Buns: \$1.00

Can of soup: \$1.50

TOTAL: \$6.50

Organic Chicken & Veggies

Organic chicken breast: \$7.00

Box of brown rice: \$3.00

Organic Broccoli: \$4.00

TOTAL: \$14.00

Other Dinner Option:

Large pizza & large bottle of pop: \$15.00 and Tip

Snacks

Ice Cream Sandwiches: \$6.50

Watermelon: \$5.00

Bag of chips: \$3.50



Family 1: There are four people in your family. You have \$33.00 to spend on food for one day. How can you use this money to provide a nutritious menu?

What did you purchase?

Breakfast: _____ **Cost:** _____

Lunch: _____ **Cost:** _____

Dinner: _____ **Cost:** _____

Snacks: _____ **Cost:** _____

TOTAL: _____

How much will your menu cost?

Per week: _____

Per Month: _____

Per Year: _____



Family 2: There are three people in your family. You have \$8.00 to spend on food for one day. How can you use this money to provide a nutritious menu?

What did you purchase?

Breakfast: _____ **Cost:** _____

Lunch: _____ **Cost:** _____

Dinner: _____ **Cost:** _____

Snacks: _____ **Cost:** _____

TOTAL: _____

How much will your menu cost?

Per week: _____

Per Month: _____

Per Year: _____



Family 3: There are four people in your family. You have \$18.00 to spend on food for one day. How can you use this money to provide a nutritious menu?

What did you purchase?

Breakfast: _____ Cost: _____

Lunch: _____ Cost: _____

Dinner: _____ Cost: _____

Snacks: _____ Cost: _____

TOTAL: _____



How much will your menu cost?

Per week: _____

Per Month: _____

Per Year: _____

Family 4: There are four people in your family. You have \$10.00 to spend on food for one day. How can you use this money to provide a nutritious menu?

What did you purchase?

Breakfast: _____ Cost: _____

Lunch: _____ Cost: _____

Dinner: _____ Cost: _____

Snacks: _____ Cost: _____

TOTAL: _____

How much will your menu cost?

Per week: _____

Per Month: _____

Per Year: _____



Reflection Questions

1. Besides food, what other things do you think families need to pay for?

2. Was it easier to buy the healthier food or the “junk” food?

3. What was different between having \$8.00 or \$33.00 to spend in the day?

4. Going out to eat was more expensive than buying food at the grocery store, why might a family go out to eat? When would going out to eat be easier than buying and cooking food at home?

5. Did you ever spend more than what your budget was? Why?

