

Feeding a Family

You need to buy a **nutritious** meal for a family for one day. Try as best you can to stick to your daily **budget**. Below you will find a **grocery** list for breakfast, lunch, dinner and snacks.

Breakfast



Waffles and Fruit...\$3.00



Cereal and Fruit...\$2.00



Loaf of Bread...\$1.00

Lunch



Cheese sandwich...\$2.00



Peanut butter & Jelly Sandwich...\$3.00



Ham Sandwich, Apple and Cookies...\$4.00

Dinner



Hot Dogs & Soup...\$4.00



Spaghetti, Salad & Bread...\$7.00



Dinner at a Pizza Place...\$15.00

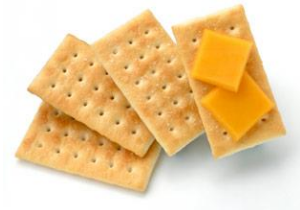
Snacks



Ice cream...\$4.00



Fruit...\$3.00



Cheese & Crackers...\$2.00

Family 1: There are 3 people in your family. You have **\$16.00** to spend on food for one day. How can you use this money to provide a nutritious menu?

How much did you spend?



Family 2: There are 3 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?

How much did you spend?



Discussion questions:

1. Besides food what other things do you think families need to pay for?
2. What was different between having \$16.00 and \$8.00?
3. What did you buy more of? Healthier food or junk food?
4. How can a food bank help people who need food?

