

Eating on a Budget

Name _____

Date _____

Class _____

Scenario: Joleen is a college student living in an apartment. She is trying to keep the food portion of her spending plan at \$30 a week. She plans to eat 3 meals daily with one small snack. She would like to eat out once a week if possible.

Her refrigerator and pantry have the following items:

<input type="checkbox"/> ½ pound deli sliced ham	<input type="checkbox"/> 3 eggs
<input type="checkbox"/> 2 oranges	<input type="checkbox"/> 1 can of soup
<input type="checkbox"/> 1 box mac n' cheese	<input type="checkbox"/> 1 banana
<input type="checkbox"/> 4 slices bread	<input type="checkbox"/> Ketchup
<input type="checkbox"/> 1 Tomato	<input type="checkbox"/> Ranch dressing
<input type="checkbox"/> 2 slices of cheese	<input type="checkbox"/> Variety of staples (butter, sugar, miracle whip, cooking spices)

The weekly ad lists the following sale items.

Item	Quantity	Cost	Item	Quantity	Cost
<input type="checkbox"/> Cheerios	Box	\$2.50	<input type="checkbox"/> Hashbrowns	32 oz	\$2.00
<input type="checkbox"/> Strawberries	1 lb	\$2.00	<input type="checkbox"/> Orange Juice	½ Gallon	\$2.99
<input type="checkbox"/> Rib Steak	1 lb	\$5.99	<input type="checkbox"/> Green Beans	12 oz	\$2.49
<input type="checkbox"/> Red Peppers	Each	\$1.50	<input type="checkbox"/> Baby Carrots	Bag	\$0.99
<input type="checkbox"/> Shredded Cheddar	8 oz	\$1.50	<input type="checkbox"/> Yogurt	6 oz	\$0.50
<input type="checkbox"/> Pork and Beans	can	\$0.79	<input type="checkbox"/> Chips	bag	\$3.99
<input type="checkbox"/> Rice Roni	Box	\$1.00	<input type="checkbox"/> Pancake Mix	Box	\$2.69
<input type="checkbox"/> Pasta	Bag	\$0.99	<input type="checkbox"/> Pasta Sauce	Jar	\$1.79
<input type="checkbox"/> Chicken	can	\$2.00	<input type="checkbox"/> Spaghetti's	can	\$0.89
<input type="checkbox"/> Hot Pockets	Box	\$2.00	<input type="checkbox"/> Pizza	Box	\$3.50
<input type="checkbox"/> Frozen Vegetable	Bag	\$1.50	<input type="checkbox"/> Bread	loaf	\$1.48
<input type="checkbox"/> Eggs	1 dozen	\$2.39	<input type="checkbox"/> Apple	1 lb	\$1.79
<input type="checkbox"/> Fresh Spinach	16 oz	\$2.45	<input type="checkbox"/> Hamburger	1 lb	\$2.75

Other items (up to 8)

Item	Quantity	Cost	Item	Quantity	Cost
<input type="checkbox"/>			<input type="checkbox"/>		
<input type="checkbox"/>			<input type="checkbox"/>		
<input type="checkbox"/>			<input type="checkbox"/>		
<input type="checkbox"/>			<input type="checkbox"/>		

Step 1: Create the Menu (20 points for completion)

Help Joleen develop a meal plan for one week. Remember, her goal is to spend no more than \$30 on groceries! For each meal, indicate the food needed such as spaghetti (pasta, hamburger, sauce), apple and slice of bread.

When developing her meal plan, keep the following in mind:

- Use what she already has in her refrigerator and pantry (assume she has non-perishable staple items)
- Up to eight items, in addition to the weekly ad of sale items may be purchased.
- Leftovers can be used
- Some items have enough quantity to be used for multiple meals
- Create well balanced meals high in nutrition

	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Step 2: Create a Grocery List and Evaluate the Budget

- Use the menu plan to create a grocery list by placing a check mark next to all items on page 1 that will be used. (5 points for completion)
- Determine the price of items not on the grocery list using a website such as NetGrocer or visiting a local grocery store. (5 points for completion)
- Calculate the total cost of the grocery list: _____ (1 point)

Step 3: Reflection

1. Were you able to create a meal plan that was \$30 or under? Why or why not? (2 points)

2. What are three strategies you used to help Joleen stretch her food dollars as much as possible? (3 points)
- -
 -
3. If Joleen wanted to go out to dinner with friends, what advice would you give her to stick to her \$30 weekly food budget? (2 points)

4. Select two meals to evaluate. (5 points each)

- a. Day and meal: _____
- i. Based on the MyPlate guidelines, does that meal include all of the food groups? If not, give three ways you could change the meal to be balanced?



- b. Day and meal: _____
- i. Based on the MyPlate guidelines, does that meal include all of the food groups? If not, what would you change about the meal to be balanced?

5. When you were advising Joleen about the meal plan, she expressed the following concerns. Identify how you would respond to Joleen to help her overcome those challenges (this may include recommending modifications to the menu).
- a. Three days per week she is on campus for class and cannot easily come home to eat lunch. (2 points)
 - b. In the evenings, she is often tired and needs to study. She estimates she only has 30 minutes to spend preparing meals. (2 points)
 - c. Explain how this menu might need to be adapted if Joleen's cooking skills are limited. (2 points)