

LESSON FOUR: Buying Food on a Budget, Part II

ACTIVITY

Divide the class into the same small groups as before. Have a copy of the Food Pyramid available to remind the group about how to plan nutritious meals.

Assign the following tasks to each group:

- Create a shopping list of nutritious foods for a family of four for one week
- “Purchase” the food on the list, using the prices in the supermarket circulars
- Come up with ideas for how to make each food dollar go as far as possible

Provide the following basic prices for items not included in supermarket circulars, reminding students that if they see an item on sale in the circular, they can “purchase” it for the lower price.

- Gallon of Milk – \$2.50
- Dozen Eggs – \$1.50
- Loaf of Bread – \$1.75
- Jar of Peanut Butter – \$1.75
- Pound of Margarine – \$1.50
- Jar of Spaghetti Sauce – \$1.50
- Box of Spaghetti – \$0.50
- Box of Macaroni and Cheese – \$0.50

DISCUSSION

Once the small groups have completed their shopping, have each small group report back to the class on how the process went. Discuss the following:

- How much did you have to spend each week on food? Did that seem like enough before you began the assignment? Was it enough?
- What strategies did you use to “stretch” your food dollars? How well did these strategies work?
- If you couldn’t afford all of the foods that your group wanted to buy, what kinds of foods couldn’t you buy? Did you notice that it is particularly difficult to purchase healthy food with limited money (e.g. fresh produce, lean chicken, etc. is more expensive than chips and hot dogs)? This is why poor people can be overweight, but not receiving the proper nutrition.
- What kinds of government programs and policies or private programs would be most helpful in “stretching” food dollars?