**Grocery Shopping List Homework**

Directions: complete Parts I and II and turn it into the drop box on PowerSchool by 7:00am March 12th or 13th.

**Part I: What do you have at home?**

1. What do you like to eat (what do you ask your parents to buy you?). Make a list:
2. What snacks do you like to eat after school or during the day? Make a list:
3. What kind of fruits and veggies do your parents buy? Make a list:
4. Are they organic or regular?
5. Are there any dietary restrictions in your home (gluten free, vegetarian etc.)? How does this effect what is bought?
6. What is the size of your family? On average how much does your family spend on groceries every month (this must be an actual number so no guessing on your part. Ask you parents. If you say for a family of 5 you only spend $200 a month I will not believe you)?

**Part II: Create a meal plan for your scenario for one week and print out a shopping list**

* What Scenario are you? How many people are in your scenario and what are their ages?
* Read the following article: <https://www.healthline.com/health/balanced-diet#Calories2>
* It must include what you and your family in your scenario will need for one week
* It must contain what you want to eat for breakfast, lunch and dinner as well as snacks
* It must contain variety, you must have different breakfasts, lunches, dinners and snacks for each day of the week.
* It must follow a balanced diet as suggested by the article
* It must meet the needs of all the people/pets in your scenario (keep in mind what you need for non-food items Ex: diapers, feminine hygiene products, toilet paper, facewash). Assume you have none of these things to beginning with as so you must buy them.
* You can assume that you have all the staples on the meal plan (for example: you can assume you have already purchased Cooking or Olive Oil)

If you need help creating a meal plan and/or a shopping list please use the following resources:

* <http://www.grocerylists.org/ultimatest/>
* <http://www.foodonthetable.com/>
* <http://www.eatingwell.com/recipes_menus/menus_meal_plans>

**Part III: To Be Completed After Shopping Trip (on your own in person or online): Monthly cost of groceries**

* Calculate how much money you will be spending on groceries each week.
* Multiply that number by 3 to find out how much you will spend on groceries each month. Some of the nonfood items (paper towels, trash bags etc., facewash) you will not need every month. Assume you only need them every 3 months add on the extra price on that 3rd month. Other nonfood items you will need every month (feminine hygiene products, diapers) and must be calculated into your monthly estimate.
* As you work through the econ simulation pay attention to whether or not you need to adjust how much you spend on groceries based on your economic situation for the month. If you have to change the amount be sure to include on your comparison chart what specifically you had to give up.