Food $ense presents

Shopping $ense

A menu planning/grocery shopping activity

Use the grocery ad to answer these questions. Show your work.

The ad has Giovanni’s Best Pizza on sale. What is the price per pizza? If one pizza serves four, what is the price per slice? If you choose this pizza for a meal, what will you serve with it? Locate other menu items in the ad and estimate the total cost of this meal for six people (HINT: Does the servings listed per box = the servings people usually eat? How many pizzas will you need to serve you and five friends?).

Baby carrots are on sale at one pound for 69 cents. A one-pound bag of carrots has about four servings. How could you incorporate the carrots into a nutritious meal plan? Canned vegetables are also on sale. They have about 3.5 servings per can. How can they be used in a nutritious meal plan? Do the canned vegetables cost more or less than the fresh vegetables? Which one would you choose to buy and why?
Check out the price of the soda. How much does one can cost at this price? Are you aware that the sales price is good ONLY if you buy five 12-packs? Can your budget afford those ‘empty calories’? Look at the ad and list what nutritious foods you could buy with the soda money. This is a good time to evaluate wants versus needs.

The spaghetti sauce on sale has six (1/2 cup) servings. The 12 oz. bag of spaghetti noodles on sale will also make six (1/2 cup) servings. Think about how much spaghetti you and your family eat. Do you just eat a half-cup of sauce and a half-cup of noodles? How many jars of spaghetti and noodles would you need to feed four adults and how much would it cost? Would you have leftovers? If yes, what could you do with them?

Look at the bags of potatoes on sale. How much will each bag cost? Other than mashed, think of four different ways that you can use the potatoes in four different meals. List the meals and how you will use
the potatoes. Are the potatoes part of the main course or are they a side dish?

Plan an egg omelet meal for a family of four. Find all the items possible that you might need in the ad and estimate the cost of the meal. What will you serve with the omelets to make a complete meal? Be sure to include a drink in the total cost. How much will this meal cost? FYI ~ Breakfast foods make economical and easy dinner entrees!

Look at the chicken, pork roast, and ground beef on sale. Which would be the most economical to buy? Explain your answer. Plan a complete meal with the meat of your choice. Assume there will be leftovers. What will you do with the leftovers to create a second meal?
This activity was designed and written by Barbra Jones from Emery County, Eileen Milligan, and Debbie Christofferson for Food $ense, 2010.