Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Group: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Financial Literacy: Meal planning an exercise in budgeting

While it might seem like a simple task, planning a week’s worth of meals is actually more complicated than you might think. There are many different variables that change from one season to the next, and even from one week to another.

This project will consist of:

-A set of simple questions to answer before starting the project

-A weekly overview of meals that you would be making (breakfast, lunch and supper), snacks and desserts.

-A detailed grocery list of items you will need to purchase for these meals (including estimated cost and actual cost)

-A list of items that you would already have in your pantry or fridge ex: flour, sugar, mustard, soy sauce etc. (Don’t go overboard, it is unlikely you would have ALL of the items you would need for your entire set of meals)

-A final reflection answering the questions listed below.

The purpose of this assignment is for you practice something that you will likely need to do in the future and understand the complexities behind it.

Before starting:

1. Have you ever had to plan your meals or groceries? If yes, how often? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. How many people will you be feeding? Adults: Adolescents: Children:

3. How much do you expect a week’s worth of groceries to cost? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. How much do you think is TOO much to spend on a week of groceries? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Set a maximum budget for your week of groceries: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reflection questions:

1. Overall, how do you think you did with this budgeting assignment? What do you think your strengths or weaknesses were?

2. Are there any problems you encountered? Explain.

3. What are some modifications that you had to make?

4. What suggestions/advice would you give to someone who was intending to plan a weekly meal budget like this?

5. How can you avoid going over budget?

6. If you were to stay under budget, what would you do with the “leftover” money?

|  |  |  |
| --- | --- | --- |
|  | **Sunday** | **Monday** |
| **Breakfast** |  |  |
| Ingredients needed |  |  |
| Already In pantry |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
| **Lunch** |  |  |
| Ingredients needed |  |  |
| Already In pantry |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
| **Supper** |  |  |
| Ingredients needed |  |  |
| Already In pantry |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
| **Snacks** |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
| **Desserts** |  |  |
| Ingredients needed |  |  |
| Already In pantry |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
|  | **Tuesday** | **Wednesday** |
| **Breakfast** |  |  |
| Ingredients needed |  |  |
| Already In pantry |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
| **Lunch** |  |  |
| Ingredients needed |  |  |
| Already In pantry |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
| **Supper** |  |  |
| Ingredients needed |  |  |
| Already In pantry |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
| **Snacks** |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
| **Desserts** |  |  |
| Ingredients needed |  |  |
| Already In pantry |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |

|  |  |  |
| --- | --- | --- |
|  | **Thursday** | **Friday** |
| **Breakfast** |  |  |
| Ingredients needed |  |  |
| Already In pantry |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
| **Lunch** |  |  |
| Ingredients needed |  |  |
| Already In pantry |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
| **Supper** |  |  |
| Ingredients needed |  |  |
| Already In pantry |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
| **Snacks** |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
| **Desserts** |  |  |
| Ingredients needed |  |  |
| Already In pantry |  |  |
| Estimated cost |  |  |
| Actual cost |  |  |
|  | **Saturday** |
| **Breakfast** |  |
| Ingredients needed |  |
| Already In pantry |  |
| Estimated cost |  |
| Actual cost |  |
| **Lunch** |  |
| Ingredients needed |  |
| Already In pantry |  |
| Estimated cost |  |
| Actual cost |  |
| **Supper** |  |
| Ingredients needed |  |
| Already In pantry |  |
| Estimated cost |  |
| Actual cost |  |
| **Snacks** |  |
| Estimated cost |  |
| Actual cost |  |
| **Desserts** |  |
| Ingredients needed |  |
| Already In pantry |  |
| Estimated cost |  |
| Actual cost |  |

**What is already in your pantry?**

Grocery List

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Item | Quantity | Estimated Cost | Actual Cost | Store where purchased |
|  |  |  |  |  |