**Food Budgeting: One Week**

**Activity Description:**  You have been assigned to live in a furnished apartment (just like on the MTV reality shows) with all utilities paid by the show. You do not pay for internet, cable TV or phone either! However, you do not have any food! You receive $45.00 per week to buy food for yourself. The challenge is to buy enough food for 21 meals (3 nutritionally balanced meals times 7 days) and compile an itemized list that clearly shows all food and or condiments that were purchased.

List should be formatted to show Item name, weight or measure of item, cost per unit of measure or weight, quantity of item and total cost of that item, for example; German Bologna......16oz(1lb).......@$2.99/lb.......32oz(2 lbs)..........Total $5.98. You cannot spend more than the allotted $60.00 for the 7 days or 21 meals. You must also account for applicable taxes.

You may go online to search for most competitive pricing info at Hannaford, Shaw’s, Target, or Walmart, etc. Along with an itemized shopping list for expenditures, you need to create a 7 day detailed menu that clearly states what shall be eaten at breakfast, lunch and supper and or snacks or desserts. You have running water at your apartment and all dishes, glasses, utensils, napkins and pots and pans for cooking are supplied.

Grocery list budgeting sheet and menu planning worksheets have been provided. Please make sure that you are very specific with costs of items and overall expenses. Also, make sure that you are planning out a well-balanced (five food areas) food plan.

Grocery List

Items: Amount/Size Store Location Cost

Overall Cost:

$

Weekly Meal Menu

**Monday:**

Breakfast:

Lunch:

Dinner:

Snacks/Etc:

**Tuesday:**

Breakfast:

Lunch:

Dinner:

Snacks/Etc:

**Wednesday:**

Breakfast:

Lunch:

Dinner:

Snacks/Etc:

**Thursday:**

Breakfast:

Lunch:

Dinner:

Snacks/Etc:

**Friday:**

Breakfast:

Lunch

Dinner:

Snacks/Etc:

**Weekends:**

Breakfasts:

Lunches:

Dinners:

Snacks/Etc: