

Healthy Meal, Healthy Budget

Part 1

Be a savvy shopper! You have \$100 to purchase **two** nights of dinners for a family. Look at the example below, and then navigate to the website your teacher provides and start shopping! Consider the following questions as you shop:

- ✓ Are you including foods that will last a long time if your meal plans change? For example, frozen foods last longer than fresh.
- ✓ Are you including foods that can be portioned? Foods from the frozen and dairy aisles are a good choice for this!
- ✓ How many people will each food serve? Look at serving sizes.
- ✓ Can some foods be used for more than one meal?
- ✓ Did you multiply the cost for one serving times four?

Meal #1	
Main dish: One bag of 10 frozen fish fillets (serving size 2 fillets)	Cost: \$11.49
Vegetable/Fruit/Side dish: One bag of frozen broccoli and cauliflower (serving size 4 ounces)	Cost: \$3.50
Drink: 2% milk (from a 1/2-gallon container)	Cost: \$3.50
Dessert: One box of 4 frozen mango bars (serving size 1 bar)	Cost: \$5.99
Total cost for meal #1: \$24.48	

Meal #2	
Main dish:	Cost:
Vegetable/Fruit/Side dish:	Cost:
Drink:	Cost:
Dessert:	Cost:
Total cost for meal #2:	

Meal #3	
Main dish:	Cost:
Vegetable/Fruit/Side dish:	Cost:
Drink:	Cost:
Dessert:	Cost:
Total cost for meal #3:	

Part 2

Was it easy to stay under budget? Why or why not?



Message to Families: Did you know that 20% of all foods Americans purchase is never eaten? Choosing foods that you can portion and will last until you can eat them, such as foods from the frozen and dairy aisles, can help reduce food waste. For more information, visit nfraweb.org/a-good-time-to-go-back-to-school-on-food-waste/.

