

**HS – Activity #4**

# Nutritional Budgeting



**QUESTION:** Is it possible to provide nutritionally balanced meals for a family of four on a budget of \$110 per week?

**MATERIALS:**

colored pencils	grocery store flyers
Family Description card	lined paper
Food Pyramid Guide	posterboard

**PROCEDURE:**

1. Work with a group of 2 or 3 other people. Pick a Family Description card.
2. Get a set of grocery store flyers.
3. Use the grocery flyers to plan out the menu for breakfast, lunch, dinner, and snacks for your family of four. Be sure your menu meets the needs of individual family members (ie. baby formula, baby food, etc), the daily nutritional requirements identified on the Food Pyramid Guide, and that the money spent on the day's menu fits within the \$110 budget for the week.
4. Repeat Step 3 to make menus for 6 additional days.

**DATA:** See menu forms provided.

**QUESTIONS:**

1. Were you able to stay within the allotted budget?
2. What food items made it most difficult to stay within the food budget?
3. Looking over your menus, would you be willing to eat the meals you planned in the budget? Why or why not?
4. If you were to do this activity again, how much would you want to spend for food per week?
5. Based on the 4 people in a family that we have in this activity, a budget of \$110/per week for the family works out to \$27.50/person/week or \$1.31/meal person. How does your family's food budget compare to this?

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### Menu Plans

DAY 1	GROCERY ITEM	COST (4 SERVINGS)	CARBOHYDRATE	VEGETABLE/ FRUIT	DAIRY/MEAT/ PROTEIN	FATS/OILS/ SWEETS
Breakfast						
Lunch						
Dinner						
<b>Total</b>	////////////////////////////////////					

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**Menu Plans (cont.)**

DAY 2	GROCERY ITEM	COST (4 SERVINGS)	CARBOHYDRATE	VEGETABLE/ FRUIT	DAIRY/MEAT/ PROTEIN	FATS/OILS/ SWEETS
Breakfast						
Lunch						
Dinner						
<b>Total</b>	////////////////////					

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**Menu Plans (cont.)**

DAY 3	GROCERY ITEM	COST (4 SERVINGS)	CARBOHYDRATE	VEGETABLE/ FRUIT	DAIRY/MEAT/ PROTEIN	FATS/OILS/ SWEETS
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Total</b>	////////////////////					

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**Menu Plans (cont.)**

DAY 4	GROCERY ITEM	COST (4 SERVINGS)	CARBOHYDRATE	VEGETABLE/ FRUIT	DAIRY/MEAT/ PROTEIN	FATS/OILS/ SWEETS
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Total</b>	////////////////////					

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**Menu Plans (Cont.)**

DAY 5	GROCERY ITEM	COST (4 SERVINGS)	CARBOHYDRATE	VEGETABLE/ FRUIT	DAIRY/MEAT/ PROTEIN	FATS/OILS/ SWEETS
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Total</b>	////////////////////					

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**Menu Plans (cont.)**

DAY 6	GROCERY ITEM	COST (4 SERVINGS)	CARBOHYDRATE	VEGETABLE/ FRUIT	DAIRY/MEAT/ PROTEIN	FATS/OILS/ SWEETS
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Total</b>	////////////////////					

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**Menu Plans (cont.)**

DAY 7	GROCERY ITEM	COST (4 SERVINGS)	CARBOHYDRATE	VEGETABLE/ FRUIT	DAIRY/MEAT/ PROTEIN	FATS/OILS/ SWEETS
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Total</b>	////////////////////					