

Let's Eat

Name: _____

Everybody has to eat. This means you have to go grocery shopping! In order to find out how much money we will be spending monthly on food, we need to determine what we will buy. Please think about what you might eat during a normal day. Will you have Breakfast? Lunch? Dinner? Will you need snacks? Below, please create a menu for what you will eat during a single day:

Breakfast	Lunch	Dinner	Snacks
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Next, you will create a one week shopping list based on your menu above. What would you need to buy in order to make the food on your menu for a week?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Next, go to <https://shop.lowesfoods.com/#/> and shop for all of the things on your list. Once you have added everything to your cart, note the total cost. Finally multiply this number by 4 (because there are 4 weeks in an average month). You now have your monthly expenditure on food!

_____ x 4 = _____
Cost of one week shopping trip 4 weeks in a month monthly cost of food