



## Independent Living Activity

# Going to the Grocery Store

Select your favorite meal you will be shopping for, and write it below:

If you don't have a favorite meal in mind, consider shopping for one of these simple and delicious meals!

### Breakfast

- Fruit smoothie
- Oatmeal or cereal
- Pancakes or waffles

### Lunch/Dinner

- Grilled cheese
- Spaghetti
- Ramen noodles or soup

*Draw a picture of the meal you chose in the space below.*

Figure out what ingredients you will need to make your meal and what your budget is for spending. You may need to search for a specific recipe online and look up the cost of ingredients at your local grocery store, so you have an idea of what you will need to spend.

Item	Quantity	Price

**Total Price \$** \_\_\_\_\_



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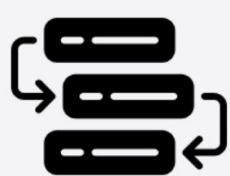
Consider some of these budgeting tips as you plan for your trip to the grocery store. Be prepared to make choices about or substitutions to the items on your list!



**Price Comparison:** Before heading to the grocery store, research prices online or check coupons to find the best deals and compare prices for the items on your list.



**Meal Planning:** Plan your shopping list for the week based on the meals you will eat. This will help avoid impulse purchases and not waste any items that you buy.



**Prioritizing Essentials:** Focus on buying essential items first, such as fruits, vegetables, and proteins, to ensure your meals are balanced and nutritious.



**Buying in Bulk:** If you know you will need to buy certain items again and again, like pantry staples or snacks, consider buying in bulk to save money in the long run.



**Sticking to the Budget:** Keep track of the prices of the items you put in your cart and calculate the total to make sure you stay within your allotted budget.



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Now's it time to head to the grocery store! Before you go, think about what meals and snacks you want to make for the week. Consider breakfast, lunch, dinner, and any snacks or desserts you enjoy.

### Sample Grocery List

#### Fresh Fruits and Vegetables:

- Apples
- Bananas
- Carrots
- Lettuce
- Tomatoes

#### Grains, Pastas, Canned Goods:

- Rice
- Pasta
- Canned beans
- Canned tomatoes
- Cooking oil

#### Dairy and Eggs:

- Milk
- Eggs
- Cheese

#### Proteins:

- Chicken breasts
- Ground beef
- Bacon

#### Snacks and Treats:

- Granola bars
- Chocolate

### My Grocery List

#### Fresh Fruits and Vegetables:

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#### Pantry Staples:

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#### Dairy and Eggs:

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#### Proteins:

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#### Snacks and Treats:

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Locate your local grocery store's ads (paper or digital). Cut and paste photos of your favorite foods in the spaces below! Then, estimate the price of the items you have chosen and tally your total cost.

<p>Fruits and Vegetables</p> <div style="text-align: right; margin-top: 150px;"> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Price</div> </div>	<p>Grains, Pastas, and Canned Goods</p> <div style="text-align: right; margin-top: 150px;"> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Price</div> </div>
<p>Dairy and Eggs</p> <div style="text-align: right; margin-top: 150px;"> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Price</div> </div>	<p>Proteins</p> <div style="text-align: right; margin-top: 150px;"> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Price</div> </div>
<p>Snacks and Treats</p> <div style="text-align: right; margin-top: 150px;"> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Price</div> </div>	<p>Beverages</p> <div style="text-align: right; margin-top: 150px;"> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Price</div> </div>

\*If you run out of room, use additional scrap paper to paste your pictures.

**Total Cost \$** \_\_\_\_\_