Feeding a Family

You need to plan and purchase a nutritious meal for a family for one day. Try as best you can to stick to your daily budget.

**Family 1:** There are 3 people in your family. You have $18.00 to spend on food for one day. How can you use this money to provide a nutritious menu?

**Breakfast for three people**
- Cereal and fruit: $2.00
- Frozen Waffles and fruit: $3.00
- Loaf of Bread: $1.00

**Dinner for three people**
- Spaghetti, Salad and Bread: $5.00
- Hot Dogs and Soup: $4.00
- Dinner at a Pizza Place: $15.00 & Tip

**Lunch for three people**
- Cheese sandwiches: $2.00
- Ham sandwiches, apples and cookies: $4.00
- Peanut butter & Jelly sandwiches: $2.00

**Snacks for three people**
- Ice cream: $4.00
- Fruit: $2.00
- Cheese and crackers: $2.00

Circle your choices. How much did you spend?

Per Day? :

Per Week? :

Per Year? :
-Hint: There are 52 weeks in a year-

**Family 2:** There are 5 people in your family. You have $18.00 to spend on food for one day. How can you use this money to provide a nutritious menu?

**Breakfast for five people**
- Cereal and fruit: $4.00
- Frozen waffles and fruit: $5.00
- Loaf of bread: $2.00

**Dinner for five people**
- Spaghetti, salad, and bread: $8.00
- Hot dogs and soup: $6.00
- Dinner at a pizza place: $20.00 & Tip

**Lunch for five people**
- Cheese sandwiches: $4.00
- Ham sandwiches, apples and cookies: $6.00
- Peanut butter & Jelly sandwiches: $2.00

**Snacks for five people**
- Ice cream: $4.00
- Fruit: $2.00
- Cheese and crackers: $2.00

Circle your choices. How much did you spend?

Per Day? :

Per Week? :

Per Year? :

Adapted from a activity created by Hunger No More.
Family 3: There are four people in your family. You have $8.00 to spend on food for one day. How can you use this money to provide a nutritious menu?

**Breakfast for four people**
- Cereal and fruit: $3.00
- Frozen waffles and fruit: $4.00
- Toast: $2.00

**Dinner for four people**
- Spaghetti, salad and bread: $7.00
- Hot dogs and soup: $5.00
- Dinner at a pizza place: $20.00 & Tip

**Lunch for four people**
- Cheese sandwiches: $3.00
- Ham sandwiches, apples and cookies: $5.00
- Peanut butter & Jelly sandwiches: $3.00

**Snacks for four people**
- Ice cream: $5.00
- Fruit: $2.00
- Cheese and crackers: $3.00

Circle your choices. How much did you spend?

Per Day? :

Per Week? :

Per Year? :

Family 4: There are four people in your family. You have $30.00 to spend on food for one day. How can you use this money to provide a nutritious menu?

**Breakfast for four people**
- Cereal and fruit: $3.00
- Frozen waffles and fruit: $4.00
- Toast: $2.00

**Dinner for four people**
- Spaghetti, salad and bread: $7.00
- Hot dogs and soup: $5.00
- Dinner at a pizza place: $22.00 & Tip

**Lunch for four people**
- Cheese sandwiches: $3.00
- Ham sandwiches, apples and cookies: $5.00
- Peanut butter & Jelly sandwiches: $3.00

**Snacks for four people**
- Ice cream: $5.00
- Fruit: $2.00
- Cheese and crackers: $3.00

Circle your choices. How much did you spend?

Per Day? :

Per Week? :

Per Year? :
Reflection Questions

1. Besides food, what other things do you think families need to pay for?

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2. Was it easier to buy the healthier food or the “junk” food?

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3. What was different between having $8.00 or $30.00 to spend in the day?

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4. Going out to eat was more expensive than buying food at the grocery store, why might a family go out to eat? When would going out to eat be easier than buying and cooking food at home?

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5. When you had $8.00 to spend in one day, did you buy more healthy food or “junk” food? Did you spend more than 8 dollars?

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