



# GROCERY ACTIVITY

## Teacher Answer Key

Find the items around the store and scan the QR codes to find the answers to the following questions. On the left side, write the food item you scanned to find the answer.

Item (Write)

Question

What percent of our budget should we spend on groceries? (Range)

10-20% of total budget

As a whole, what does Manitoba spend the most on when it comes to groceries (compared to the rest of Canada)?

Dairy products, eggs, and meat

What are the 5 A's of Food Security?

Availability, Accessibility, Adequacy, Acceptability, Agency

True or False, convenience foods do not help you save time when it comes to cooking or baking?

False

Name factors that influence our food choices.

Values, Lifestyle, Social Influences, Resources, Family, Culture, Environment, Friends, Time, Knowledge, Supply

By the time someone reports that they are struggling to put food on the table, they are also struggling to afford their basic needs

Item (Write)

Question

**True** or False, more and more grocery stores are catering to consumers with Ready-to-Eat Meals because they require minimal preparation.

Where can most impulse buys be found in the grocery stores?

**By the registers/check out line**

Choosing Where to Shop: Where does your group choose to shop?

**Answers vary by group**