Grocery Shopping

Using the Slides, answer the questions and fill in the blanks:

FANLit
FOOD AND NUTRITION LITERACY

SHOPPING LISTS

1. List three staple foods (foods that are usually in home pantry to make recipes and meals from, e.g. flour, lentils, rice, pasta, ground meat, etc.) you and your family get: <u>Answers will vary</u>
2. When it comes to leftover meals; the more you can <u>stretch</u> the food, and the less you <u>waste</u>, the less you'll <u>spend</u> in the long run.
3. What are some leftover meal ideas to use up your ingredients before going grocery shopping?
<u>Answers will vary</u>
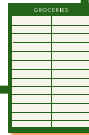
SHOPPING MATH

1. Your friend wants to buy one apple. The price says 3/$1.50. How much will she pay for one?
<u>50 cents (or $ 0.50)</u>
2. There is a sale on macaroni and cheese. You can buy 12 boxes for $5.89. How much would you pay for one box?
<u>49 cents (or $ 0.49)</u>

SAVING TIPS

1. Name 2 vegetables that are in season all year:
<u>Sweet potatoes, kale, mushrooms</u>
2. Circle: True or <u>False</u>, frozen produce lack nutrients
3. You don't want to buy in bulk just to end up with the "bulk" of it in the <u>trash</u>. Stick to buying things you know you or your family <u>will eat</u>.
4. Circle: <u>True</u> or False, you can save money on meat by buying on sale meat and freezing it
5. Circle: <u>True</u> or False, there are different cuts of meat that are more inexpensive than others

THE STORES

1. Store brands are usually <u>less</u> expensive and are often the <u>same quality</u>.
2. Circle: True or <u>False</u>, loyalty programs do not save you money
3. Circle: True or <u>False</u>, store layout is random

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