

Name:

Student ID #:

Grocery Shopping Challenge Balancing on a Budget – October 2019

For this month’s challenge, you need to meal plan and create a grocery shopping list for 5 days. You only have \$40 to spend for the week. **You do not actually need to purchase these groceries to get credit for this challenge.** This therefore can be a real or made-up shopping list. You must complete both steps of this challenge to get credit for participating. Either email completed challenges to tlr61@uakron.edu or drop off at the Simmons Hall Information Desk
Attn: Taylor Sminchak.

Step 1: Plan Your Meals

Write below the meals you plan on consuming during these 5 days (snacks are optional). Be sure to include at least 3 of the food groups from My Plate in at least 2 of your meals per day. If you are unfamiliar with the food groups from My Plate, please watch the October Balancing on a Budget Webinar found at <https://www.uakron.edu/zipassist/financial-wellness/balancing-on-a-budget> or visit <https://www.choosemyplate.gov/>.

Day #1	Day #2	Day #3	Day #4	Day #5
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner
Snacks	Snacks	Snacks	Snacks	Snacks

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Step 2: Create a Grocery Shopping List

Based on the meals you planned, it's now time to create a grocery list. Please complete the chart below for all items and ingredients needed. To obtain prices, you can browse newspaper ads, online ads, or in-person at the store. If there's any ingredients needed that you already own (ex: flour), please write that in the spot designated at the bottom. Be sure to include your total amount needed (\$40 max, ignore tax).

Item	Store	Brand	Price

TOTAL \$ NEEDED: _____

Already Own Items: