

HOLIDAY

SHOPPING ON A BUDGET!

Benjamin Franklin K-8 Center

Thursday, December 19th

4:00 PM to 6:00 PM

Cafeteria

Join us on Thursday, December 19th - We will talk about Shopping on a Budget.

Once you know the budget and monthly groceries you need, it's easier to cut back on the dollars and plan your shopping accordingly. In Summary. Know your monthly grocery needs; Then estimate a budget based on needs. See at the workshop!

Handout:

Sample Shopping Scenario and Budget Sheet

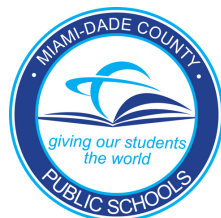
STAY CONNECTED WITH US!

www.excelkidsacademy.com

(305) 624-0101

Follow Us on : Facebook & Instagram: Excelkidsacademy

visit choosemyplate.gov for healthier options during the holidays



Shopping on a Budget

All sample food photos courtesy of freedigitalphotos.net

Shopping on a Budget Sample Scenarios

Scenario #1

Mona Grey retired from her job one year ago after many years. She receives her monthly pension, of \$670 a month, plus her Social Security check of \$840, for a total monthly income of \$1510.00. After rent, electric/water/phone bills, and medical payments, she has \$50 a week, or about \$7.14 per day to spend on groceries for breakfast, lunch and dinner. What groceries can Mona purchase and not be hungry?

Scenario #2

Lauren and Alex Ruiz have three children, ages 4, 6, and 10. One and a half years ago, Alex was injured and has not been able to work, and receives disability. And Lauren works full time. To supplement the single income, the family has used mostly all of their savings. After bills, the family has \$560 a month to feed the whole family. Though that seems like a lot, the family only has \$140 a week or \$20 per day to spend on food for the 5 people in the Ruiz family. What can the Ruiz family buy?

Item	Price	Amount Purchased
Total Breakfast \$ _____		

Item	Price	Amount Purchased
Total Lunch \$ _____		

Item	Price	Amount Purchased
Total Dinner \$ _____		