

## Scenario 1

Martina has three children, ages 9, 7, and 3. Her husband, Juan, works as a laborer at a local factory; she runs the household. Each month, after paying rent, utilities, gas, and other expenses, Martina and Juan have \$800 to spend on food, which comes from wages and SNAP benefits. This works out to be \$200 per week for food. They set aside \$60 per week for incidental food purchases (like when Juan stops for a cup of coffee at the convenience store) and eating out, leaving them \$140 to spend on the family's weekly groceries.

In addition to salt, seasonings, and ketchup, Martina has the following foods on-hand:

Fruits	Grains (bread, pasta, rice, cereal)
Jar of applesauce Can of frozen orange juice concentrate	Half a loaf of wheat bread Box of dry elbow macaroni
Dairy (milk, yogurt, cheese)	Vegetables
Half a gallon of 1% milk An 8-oz. container of plain yogurt	Can of green beans Bag of frozen peas 1 lb. of white potatoes (fresh)
Protein Foods (meat, seafood, beans & peas, nuts, eggs)	Other
6 eggs A 6-oz. can of tuna A frozen flank steak	A 10-oz. can of cream of chicken soup 2 sticks of unsalted butter Cooking oil Flour Leftover lasagna (enough for 1 meal)

Using the grocery store sale ads, make a list of foods that will supplement the foods Martina already has on-hand to allow her to make several healthy meals for her family. Write down your choices on the Grocery Shopping List worksheet. When coming up with your choices, consider foods that are “needs” vs. those that are “wants.” Make sure that you stay within the \$140 weekly budget.



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## Scenario 2

Brian is a single father to a 6-year-old boy. He also takes care of his elderly mother, who lives with them. He has a job as a cashier at a local retail shop. Brian recently started receiving SNAP Benefits. Each month, after paying rent, utilities, gas, and other expenses, Brian's family of 3 has \$525 to spend on food, which comes from wages and SNAP benefits. This works out to be about \$130 per week for food. They set aside \$30 per week for incidental food purchases and eating out, leaving them \$100 to spend on the family's weekly groceries.

In addition to salt, seasonings, and ketchup, Brian has the following foods on-hand:

Fruits	Grains (bread, pasta, rice, cereal)
2 bananas A small can of pineapple chunks	A box of macaroni and cheese mix White rice
Dairy (milk, yogurt, cheese)	Vegetables
A gallon of milk A package of shredded cheese 2 6-oz. containers of yogurt	1 can of beets A bag of frozen mixed vegetables A jar of spaghetti sauce
Protein Foods (meat, seafood, beans & peas, nuts, eggs)	Other
A package of turkey sausage A box of frozen chicken nuggets 2 eggs	Sugar Corn meal Cooking oil A box of cake mix

Using the grocery store sale ads, make a list of foods that will supplement the foods Brian already has on-hand to allow him to make several healthy meals for him and his son. Write down your choices on the Grocery Shopping List worksheet. When coming up with your choices, consider foods that are “needs” vs. those that are “wants.” Make sure that you stay within the \$100 weekly budget.



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