

Master Shopping List Station

Natasha does the weekly grocery shopping for her family of five. She often finds herself rushing out the door with her kids in tow, without having had time to make a list of what she needs. Her family tends to eat the same meals. Because Natasha doesn't prepare for the weekly trip, she often finds herself having to make trips during the middle of the week to buy ingredients for dinner. During these extra trips, her children will convince her to buy snack foods like potato chips or crackers.

Natasha usually makes spaghetti, tacos, and chicken with rice as part of her regular meal rotations. Her family's favorite fruits and vegetables include bananas, grapes, oranges, broccoli, carrots, and corn. They eat cereal and milk for breakfast and she likes to have yogurt, trail mix, and crackers on-hand for snacks. She would like to use the store flyers to get ideas for the rest of the week's meals so that she can take advantage of the cost savings.

Based on what Natasha's "typical" week is like, create a Master Grocery List she could use each week. The Master Grocery List should contain the items that she regularly buys based on her family's eating preferences, as well as places for items she can write in depending on what's on sale. How might you organize the Master Grocery List to save Natasha time at the grocery store?



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Price Book Station

Maisy would like to save up for her daughter's braces. After reviewing all of her monthly expenses, she has decided she can save some money by changing her grocery shopping practices. Right now, Maisy typically goes to the same grocery store every week, without bothering to check the store's flyers – or finding out what the grocery store down the street's prices are.

Maisy's friend Nora made a Price Book to help her figure out the usual prices and sale prices are for the foods she regularly buys. Maisy thinks this would be a good strategy to use to help her cut costs on her own food spending. Maisy normally buys the following foods each week:

Rice	Chicken	Pasta	Broccoli
Cereal	Ground beef	Pasta sauce	Eggs
Bread	Frozen fish	Baby carrots	Canned soup
Bananas	Milk	Potatoes	Crackers

Help Maisy create a Price Book that has a place for her to write down the product name, package size, price, store and date. What tips would you give Maisy to help her determine what a good sale price is?



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Meal Planning Station

Brent is a stay-at-home dad with two young children. His wife recently took a job working second shift as a nurse, so Brent is now in charge of the family's grocery shopping and cooking. His wife recommended that he plan each week's meals using the store flyers when he sits down to make the grocery shopping list so that he can have a better idea about what he needs to buy. Brent's children like pasta, macaroni and cheese, and Mexican food, but will also eat things like casseroles or other mixed dishes.

Brent is ready to make his first grocery list. He does a quick check of the cupboards and sees that he has the following items:

A bag of rice	A can of chicken broth	A jar of applesauce
A can of black beans	A can of corn	A box of biscuit mix
1 box of spaghetti	A package of taco seasoning	2 cans of tuna fish
1 jar of pasta sauce		A bag of potatoes

Considering Brent's on-hand items and looking at the store flyers for the weekly specials, help Brent plan five meals he can make this week. What does he need to buy in order to make those meals? Are these items on sale or will he have to pay regular price?



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