



Make a list of all of the foods **YOU** eat during the week. Go to your local grocery store website and find the cost of each individual item. Take into consideration the brands of the foods that you are eating as well as the ingredients needed to make certain food. Have a conversation with your family if you have any questions about brands, quantity, ingredients needed for dishes, etc. Total the cost of your groceries for the week.

**Shopping List**

Item	Price
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
Total:	

Are you surprised about the final cost of all of your items? Go back to your list and make some changes. Consider changing brands, quantity, etc.