

Name:

### Students will be able to:

- Estimate the costs of buying food
- Explain how to save money when shopping at a grocery store
- Detail strategies for lowering a dining out budget
- Explain how inflation affects one's ability to budget for food

**NOTE:** Vocabulary for this unit can be found in the [NGPF Personal Finance Dictionary](#)

### INTRO

#### **QUESTION OF THE DAY:** Groceries or Restaurants: Where are Americans spending more money?

Answer the question on the first slide in the space below. Then, compare your answer to the answer on the second slide. Finally, follow your teacher's directions on how to answer the follow-up questions on the last slide.

#### **1. Groceries or Restaurants: Where are Americans spending more money?**

### LEARN IT

#### **INTERACTIVE:** What You Spend

The first step to setting up a monthly food budget is figuring out how much you should be spending. This can vary wildly from household to household. Fortunately, the U.S. Department of Agriculture releases a report each month to guide your budget. Use the calculator above to answer the questions.

#### **1. Follow these steps to answer the next question:**

- Open the [What You Spend Calculator](#).
- Click the Add a Family Member Box
- Enter your gender, age, and set meals away from home to zero

## How much does the USDA recommend you budget for food per month?

### 2. Now let's imagine your life 15 years from now.

- Click Edit Family Member and add 15 years to your age
- Add a spouse that is the same age as you
- Add two children, ages 3 and 5. (You can pick their gender)
- Again, assume that each person eats zero meals away from home.

### What is your new food budget?

### 3. Follow these steps to answer the next question:

- Open SmartAsset's [Free Budget Calculator](#).
- Enter your location and verify that the calculator is set to 2 adults and 2 children.
- Move the household income slider until the food category approximately matches your answer to question 2.

## How much household income would you need to meet the food budget for a family of four?

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**EDPUZZLE:** [How to Save Money at the Supermarket](#)

**VIDEO:** [Unit Pricing Helps You Save](#)

One of the best ways that you can save money and meet your food budget is to shop at the grocery store and prepare meals at home. But even the grocery store has its budgeting challenges! Watch these videos and follow your teacher's directions to answer the questions either in your student activity packet or within the EdPuzzle itself.

*NOTE: EdPuzzle videos shuffle answer choices and do not always match the order provided in the lesson here.*

### 1. Which of the following statements about shopping for produce is TRUE?

- a. Pre-cut fruits and vegetables are cheaper than buying them whole
- b. Buying whole produce is generally cheaper and lasts longer than pre-cut and packaged produce
- c. Packaged produce will last longer than whole produce
- d. Buying produce at the entrance of the store will prevent you from buying junk food

- 2. What is a reasonable thing you can do to avoid buying items that catch your eye when going through the aisles?**
  - a. Make a list beforehand and commit to only purchasing the items on the list
  - b. Purchase all of your groceries online and avoid going into stores
  - c. Ask an employee to escort you to each item that you need every time you go to the grocery store
  - d. Avoid walking through the aisles by taking a friend along and having them do your shopping for you
  
- 3. Why are items like candy, magazines, and gum placed strategically by the cash register?**
  - a. By the time shoppers get to the register, they have experienced decision fatigue and are more likely to give in to small purchases that are not necessary
  - b. All of these items are usually discounted for shoppers and stores want to remind shoppers of these deals before they pay
  - c. The cashiers pressure shoppers into buying these small items
  - d. These are the only items that fit in the small spaces near the register
  
- 4. What are some tips you can use to avoid waste and overspending at the grocery store?**
  - a. Eat the same meals each week so you only have to buy the same 10 items; use a larger cart
  - b. Only shop for the items at eye level; take your time shopping
  - c. Bring a friend who can help suggest more items you might need; only purchase items on the back wall
  - d. Listen to upbeat music to keep you focused to shop quicker; use a smaller cart

#### **Not in Edpuzzle**

- 5. How does unit pricing help you when you're grocery shopping?**

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#### **ARTICLE: [How Much Should I Budget for Dining Out?](#)**

Dining out is becoming an increasingly popular option but it can come at a cost. It can be helpful to consider WHY you're dining out and take that into consideration when deciding on a dining out budget. Read the article about dining out. Then, answer the questions.

- 1. How much does the average American household spend on dining out each year?**

2. The article lists five other reasons why we dine out other than getting food. Choose one of these reasons and list a budget-friendly alternative to satisfy that motivation while spending less money.



### DO IT

**ACTIVITY:** [ECON: Inflation, Spending, and Wages](#)

Another factor to take into consideration when creating a food budget is inflation. If the cost of food goes up, that means that you can buy less with the same amount of money. Let's explore how inflation can affect your overall budgeting, including food. Follow the directions on the worksheet to complete this activity.



### EXIT TICKET

Follow your teacher's directions to complete the Exit Ticket.