

Instructions for Personal Money Management Project

Students work in groups of three or four to research a menu plan, develop a grocery shopping list, a budget and a letter of complaint:

- Examine various ways to maintain a food budget adequate to income.
- Develop a shopping list based upon a weekly meal plan and budget.
- Identify ways to grocery shop within a specified budget.
- Discover ways to save money when purchasing groceries.
- create a letter of complaint pertaining to an item purchased at the grocery store

You will use USDA Food Plans: Cost of Food at Home and the Food Plan Scenario Cards to develop your project.

Your project will include a written report to include:

- Have students complete a food budget for one week and grocery pricing list.
 - a. What type of food plan they will be using.
 - b. Age of people in their family.
 - c. Number of people in their family.
 - d. How much money can be spent weekly on food?
- The students they will be creating a food plan for a week on the Menu Planning Worksheet. Students must:
 - a. Stay within their budget.
 - b. Include three meals per day, all eaten at home.
 - c. Demonstrate effective use of ingredients and leftovers.
 - d. Offer adequate servings of all necessary food groups and provide balanced nutrition.
 - e. Stress students need to specify all ingredients and the amounts needed for each food item.
- Determine if their total is within their assigned budget.
- Create a letter of complaint pertaining to an item purchased at the grocery store