**Foods and Nutrition**

**INB Food Budget/Planning Activity**

The Problem: You have $25.00 to prepare three meals for a family of four. Your menu must include breakfast, lunch, and dinner. Don’t forget drinks.

Directions: Make a list of each ingredient needed for the day including amounts. Next to each ingredient write: where you would purchase the item and the estimated price based on the food ads at various local stores (use websites) and price list provided in class. Your total cost should not be more than $25.00 for the day! Add the total cost up for all ingredients. Keep in mind, you won’t need to purchase things like spices as we will assume these are things that you already have on hand.

An example might look like:

**Breakfast**

Oatmeal, instant packets, 1 box Gerbes $1.47

Toast, bakery wheat, 1 loaf Hyvee $1.99

Orange juice - 1 gallon Hyvee $2.99

Total for Breakfast $6.45

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