

# Family Grocery Shopping

## Step 1

Take a look at the grocery cards below. Have an adult help you cut them out. Guess with an adult how much each item might cost at your local grocery store. Then find a grocery store flyer - they often come with the newspaper. See if your guesses were close to what the grocery store advertises! If you have access to a computer, you can also look up the prices online.



Milk



Bread



Yogurt



Apple juice



Bananas



Flour



Butter



Oranges



Pasta



Cookies



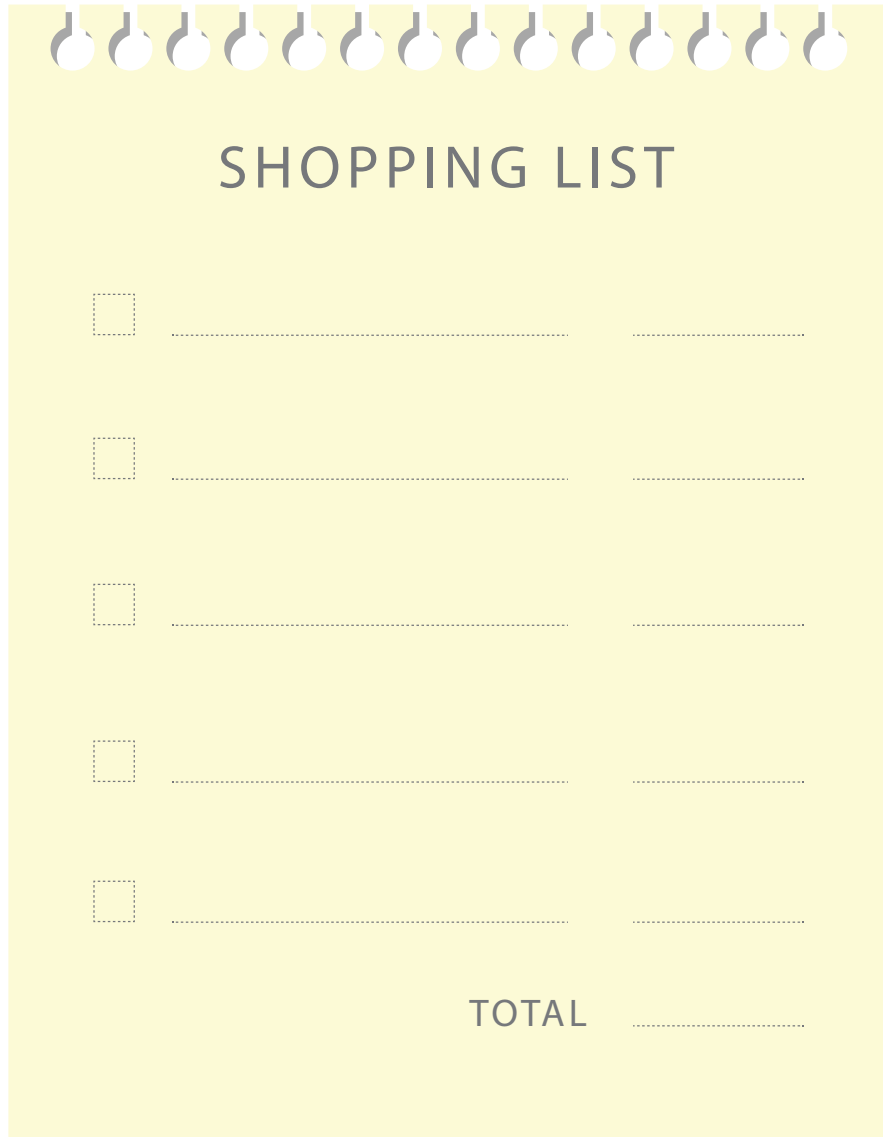
Frozen pizza



Ice cream

## Step 2

Make a grocery list together of 5 items from the previous page that you want to buy on your next trip to the grocery store. Add up the prices. Think about where this money will come from to buy the groceries on your list. Does this change how much you want to spend?



SHOPPING LIST

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TOTAL .....



### Take It Further

**Income Ideas!** Make a “We’re Bored!” jar, to give you and your family ideas on what to do together in your free time to make a bit of income. Decorate it together. Spend some time writing ideas on little pieces of paper and adding them to the jar.