



POINTS TO PONDER

Eating on a budget

For teachers: These interactive discussion questions are designed to stimulate discussion with students in the classroom.

1. Ask students what "budget" means to them.

- Ask students if they know the actual definition of budget. Have students look up the definition in the dictionary and discuss.

Definition: Generally refers to a list of all planned expenses and income. It is a plan for saving and spending.

2. In what areas do they have budgets at home?

Clothing, groceries, entertainment, etc.

3. Ask students to provide ideas on ways to make the most of their food budget.

- Eat out less often
- If you eat out, share a meal with a friend
- Store foods properly to avoid spoilage and waste

4. Ask students how they can save money at the grocery store.

- Plan menus and shopping lists in advance
- Check what is on hand at home while making grocery list
- Decrease trips to the store and shop once a week
- Buy store brands
- Use grocery ads and buy items you will use when they are on sale
- Use coupons only for items you normally buy
- Use unit pricing to compare costs

5. Ask students what other ideas they have on ways to stretch the family food budget.

- Plant a garden
- Shop at farmers markets
- Buy in bulk if prices are lower
- Plan and use leftovers
- Decrease impulse buying and unnecessary purchases
- Buy only what you need



Fun ways to learn about stretching food dollars

Have students bring in grocery ads and coupons. Give each student or group of students a budget for certain types of families. (For example: Two parents and three children; one parent and four children; two parents and two children, etc.)

Have students:

- Make a grocery list from the ads using only the budget they are allowed
- Make menus using the foods on their grocery list
- Use coupons to see what types of savings coupons may provide
 - How might this savings compare to the store brand of the same item? (It might still cost more, even with the coupon.)