

My Family Worksheet

Goal: The goal of this exercise is to get an accurate idea of how much it costs to feed a family living in our area.

Directions: Make a list of the things you would need to buy to feed a family of 4 for a week. Try to incorporate things your family usually has for meals...

After making your grocery list proceed into the store (or enter the website) and write down the prices of all the items that are on your list—feel free to “buy” the sale version if it will work for your list but try not to change your list based on what’s on sale.

Once you’ve “bought” everything use the formula below to figure out on average how much it would cost to feed your family for a month.

Breakfast: (ideas: cereal, sausage, milk, bread for toast, fruit)

Item	Price

Lunch: (ideas: snacks, sandwich meat, peanut butter and jelly, fruit, individual drinks)

Item	Price

Dinner: (ideas: meat, vegetables, bread, drinks, dessert, pasta)

Item	Price

Snacks: (chips, salsa, cookies, etc)

Item	Price

Add up your price column for your total grocery bill for the week: \$ _____

Multiply your bill by 4 weeks to get your average for a month: x 4 = \$ _____