



of SANTA CLARA and
SAN MATEO COUNTIES

Shopping on a Budget Group Activity

1 in 10 people in Santa Clara and San Mateo Counties rely on food from Second Harvest Food Bank every single month. Nearly 40% of those people are children.

Use the below Shopping on a Budget activity to engage students by putting them in the shoes of these families in need to understand the hard choices they make on a regular basis. What does a family do when they go grocery shopping but don't have enough money to purchase everything they need? With a very small budget to work with they shop carefully trying to stretch every dollar, asking:

- Do we spend more money and purchase more nutritious/healthy food? Do we spend less money and get more food, but at much less quality and typically unhealthy items?
- How much can we get for the amount of money we have?
- What meals might my family have to skip this week, since we don't have enough money?

Use the documents below and have students work together in groups or individually to create a meal plan for sample families in need.

- Each scenario below includes a realistic situation and daily budget very similar to what our food bank clients actually experience
- Have your students use the sample food choices in this document (or create/add your own) to create a meal plan for a sample client family
- Utilizing the worksheet below you will be asked to create 4 meals: breakfast, lunch, snack and dinner that stays within the daily budget of the family or individual

To give your students insight into what a healthy and nutritious meal should look like, reference the [My Plate](#) document below. Looking for more information to inspire your students including what programs we offer to assist these families? Check out our [Local Hunger Facts and Discussion Points](#) below.

Materials:

[Shopping on a Budget Sample Scenarios](#)

[Shopping on a Budget Sample Foods](#)

[Shopping on a Budget Worksheet](#)

Great for schools:

[Nutrition Information – MyPlate](#)

[Local Hunger Facts and Discussion Points](#)

[Crossword puzzle \(for fun\)](#)

CURTNER CENTER

750 Curtner Avenue
San Jose, CA 95125
T 408-266-8866
F 408-266-9042

CYPRESS CENTER

4001 North First Street
San Jose, CA 95134
T 408-266-8866
F 408-266-9042

BING CENTER

1051 Bing Street
San Carlos, CA 94070
T 650-610-0800
F 650-610-0808

Shopping on a Budget Sample Scenarios

Scenario #1

Mona Grey retired from her job one year ago after many years. She receives her monthly pension, of \$670 a month, plus her Social Security check of \$840, for a total monthly income of \$1510.00. After rent, electric/water/phone bills, and medical payments, she has \$50 a week, or about \$7.14 per day to spend on groceries for breakfast, lunch and dinner. What groceries can Mona purchase and not be hungry?

Scenario #2

Leo Powell is a single man who lives in a boarding house, he receives General Assistance which pays his rent and receives \$187 in CalFresh Benefits (food stamps). He has about \$46 per week to spend on meals for himself, or \$6.67 per day. What can Leo purchase at the grocery store to feed him breakfast, lunch, dinner and a snack under his daily budget?

Scenario #3

Lauren and Alex Ruiz have three children, ages 4, 6, and 10. One and a half years ago, Alex was injured and has not been able to work, and receives disability. And Lauren works full time. To supplement the single income, the family has used mostly all of their savings. After bills, the family has \$560 a month to feed the whole family. Though that seems like a lot, the family only has \$140 a week or \$20 per day to spend on food for the 5 people in the Ruiz family. What can the Ruiz family buy?

Scenario #4

Bill Moder is a disabled veteran, who receives a military pension. Due to his disability Bill cannot drive, and lives in an area that is not easily accessible to the larger grocery stores. After his monthly expenses Bill is left with \$300 a month to purchase food for himself. He can only carry about two bags of food at a time. Therefore he needs to buy food twice a week. He can only spend \$9 or \$10 a day for food in order for his money to last all month.

Scenario #5

Selena Macias is a single mother of 2 children, ages 3 and 1 years old. She is a Cal-Works participant and attends job training classes, while her children are in a subsidized child care program. She receives \$562 in Cal-Fresh benefits, but must provide breakfast and lunch for her children's daycare. Her daily limit is between \$16 - \$17 dollars a day in order for her benefits to last all month. Can you purchase breakfast and lunch and a dinner for the 3 of them for up to \$17 a day?

Scenario #6

Maylin Nguyen is a student who works part-time and attends school full-time. She lives in a boarding house and prepares her own meals separately from her roommates. She has a small refrigerator and a microwave oven she primarily uses to prepare her meals. Her budget to buy food is about \$200 a month depending on her expenses. What can you buy for Maylin to eat for about \$7 a day?



All sample food photos courtesy of freedigitalphotos.net

SAMPLE FOODS

Adding pictures to your sample food items is a great way to give a visual as to what items you are able to purchase with the amount of money specified in the sample situations above.

Breakfast:



Corn Flakes: \$2.99, 10 Servings



Whole Wheat Bagels: \$5.30, 6 Servings



Prepackaged Cinnamon Rolls: \$2.99, 6 Servings



Frozen Waffle: \$3.73, 4 Servings

All sample food photos courtesy of freedigitalphotos.net



Turkey bacon and vegetable omelet:
\$4.68, 4 Servings



Oatmeal, Fresh Berries & Low Fat Milk:
\$3.20, 1 Serving



Yogurt & Fresh Berries: \$3.20, 1 Serving



Donuts: \$1.00, 1 Serving

Lunch:



**Peanut Butter & Jelly Sandwich: \$0.80,
1 Serving**



Mixed Fruit Salad: \$1.00, 1 Serving



**Whole Wheat Pasta with Parmesan
Cheese: \$1.50, 1 Serving**



Pre-made Salad: \$3.00, 1 Serving

All sample food photos courtesy of freedigitalphotos.net



Fast Food Fish and Chips: \$5.00, 1 serving



Vegetable Wrap: \$4.00, 1 serving



Turkey sandwich with salad: \$3.00, 1 serving



Mandarin Tangerines: \$4.99/bag, \$0.50 cents per serving



Grapes: \$3.00 per lb, \$1.00 per serving

Dinner:



Chicken Breasts: \$3.50 per pound, 2 servings per pound



Tofu: \$2.00 per package, 3 servings per package



Zucchini: \$2.00 per pound, 3 servings per pound



Frozen Fettuccini Alfredo: \$1.10, 1 serving

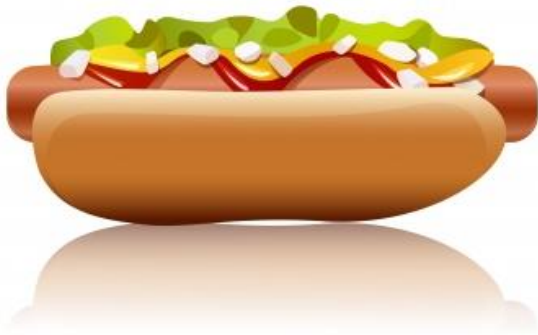
All sample food photos courtesy of freedigitalphotos.net



Roasted Chicken & Mixed Vegetables:
\$5.00, 1 serving



Frozen Pepperoni Pizza: \$9 for 5
Servings, \$1.80 per serving



Hot Dog: \$1.15, 1 serving



Turkey Burger with Mixed Vegetables:
\$4.25, 1 serving

All sample food photos courtesy of freedigitalphotos.net

Snacks:



Veggies and Hummus: \$2.00, 1 serving



Oreo Cakesters: \$0.75, 1 serving



Candy Bar: \$0.75, 1 serving



Fruit Smoothie: \$2.00, 1 serving

All sample food photos courtesy of freedigitalphotos.net



Whole Wheat Toast with Peanut Butter & Banana: \$1.20, 1 serving



Juice: \$3.50 per bottle, \$0.70 per serving



Milk: \$2.00, 4 servings. \$ 0.50 per serving



Soda: \$0.75, 1 serving

All sample food photos courtesy of freedigitalphotos.net



Plum: \$0.75, 1 serving



Strawberries: \$3.00, 3 Servings, \$1.00 per serving



Apple: \$0.60, 1 serving



Potato Chips: \$1.39, 1 serving

Shopping on a Budget Worksheet

Breakfast

Item	Price	Amount Purchased

Breakfast Total \$ _____

Lunch

Item	Price	Amount Purchased

Lunch Total \$ _____



Snack

Item	Price	Amount Purchased

Snack Total \$ _____

Dinner

Item	Price	Amount Purchased

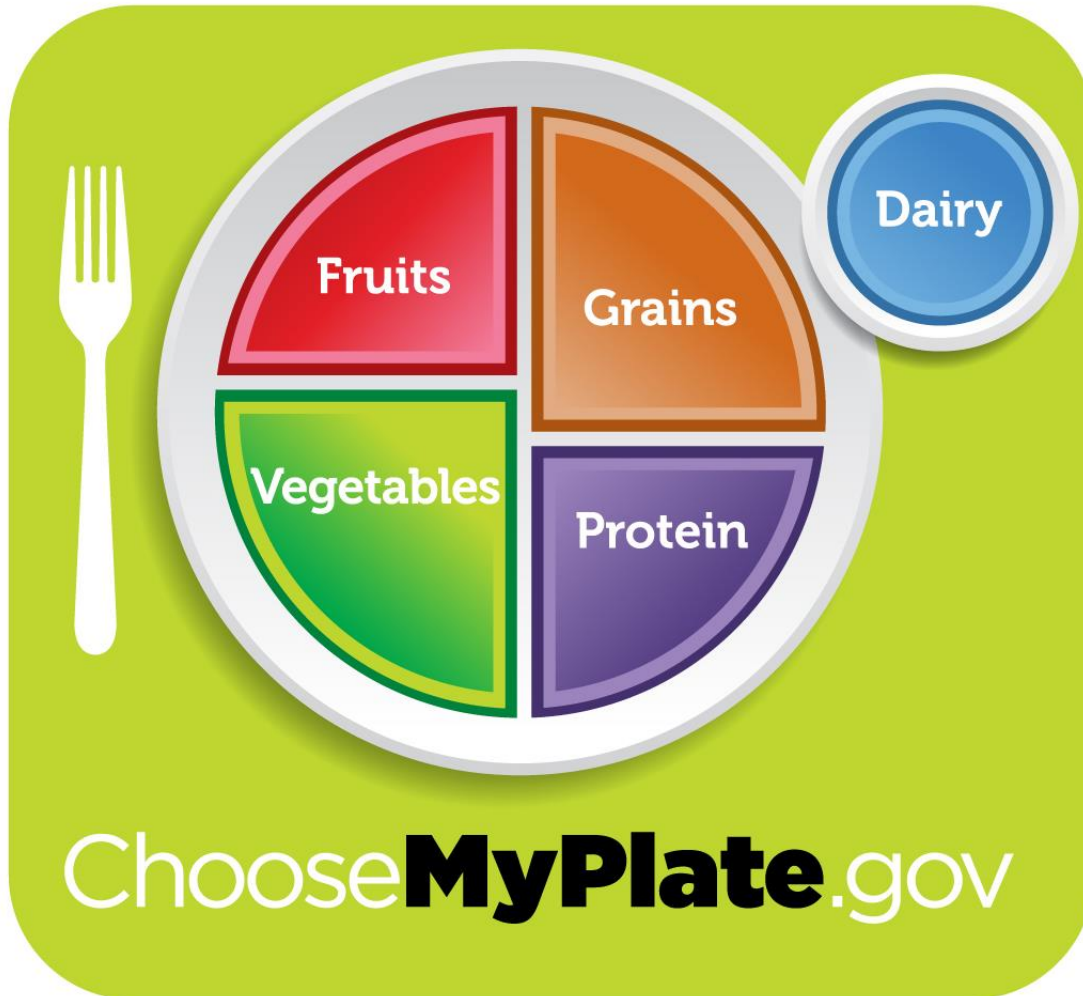
Dinner Total \$ _____

Grocery Total \$ _____



My Plate

- Half of your plate should be fruits and vegetables
- Eat whole grains
- Eat lean meats such as turkey, chicken and fish



Key things for kids to think about:

- Focus on low sugar items
- Foods high in fiber and protein keep you full (fruits and vegetables, lean meats)
- Stay away from processed foods
- Pick a rainbow of colors

Local Hunger Facts

Looking for more information to motivate your group? Check out these Second Harvest Food Bank facts below to inspire your group during the “shopping on a budget” game or use in your own group activity or discussion.

A great way to get the conversation started with kids is to ask them the question:

What does being hungry feel like? or What does hunger mean?

Hunger Hurts: Stand up for kids Campaign 2015

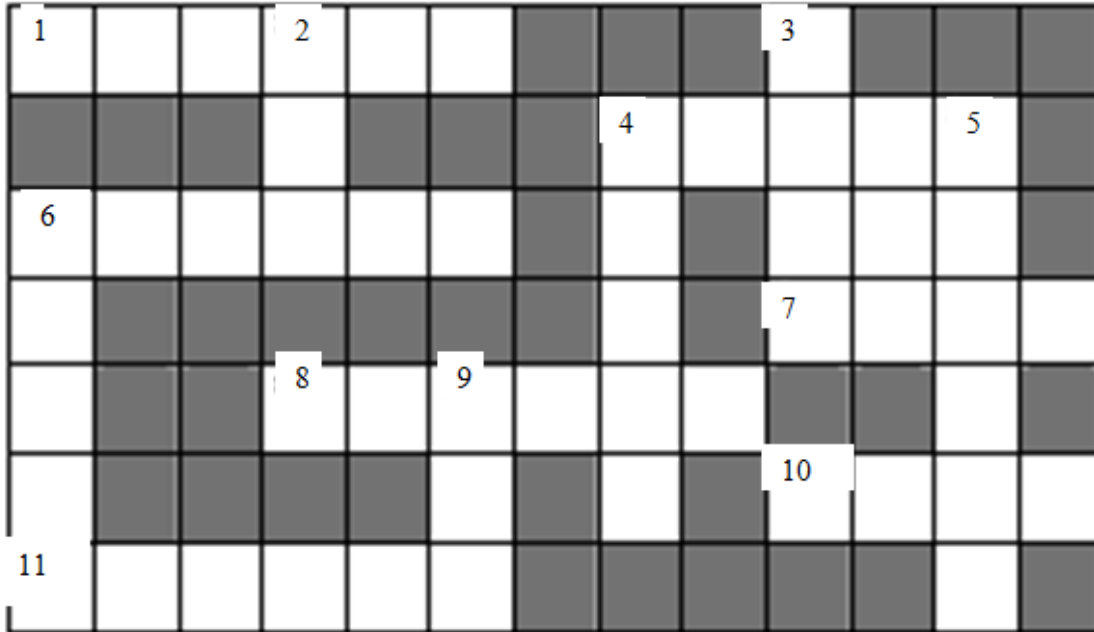
- We have all felt the pangs of hunger. It’s that uncomfortable feeling you get when you skip a meal.
- But, that uncomfortable feeling can be scary for kids, especially when they have no idea when they will eat again. For these kids, hunger hurts.
- Sadly, 1 in 3 local kids may not be getting enough to eat every day.
- Hunger can make them sad, tired and lonely. Worst of all, it can keep them from pursuing their dreams.
- They may be in a classroom, but their minds are elsewhere. All they can think about is when and where they might eat again.
- Nearly 40% of Second Harvest clients are children.

Second Harvest Food Bank – How we help

- We provide the equivalent of 1 million meals every week of the year.
- More than half of the food we distribute is fresh produce.
- More than 90% of the food we distribute is highly nutritious.
- Every dollar donated will provide enough food for 2 meals.
- Brown Bag Program – provides weekly food assistance to low income seniors and disabled persons.
- Family Harvest Program – provides monthly food assistance to low income families with dependent children.
- KidsNOW (Nutrition On Weekends) – distributes bags of child friendly foods through partnering agencies that already work with children.
- Signing people up for CalFresh – food stamps for low-income families
- However, providing people with more food simply isn’t enough. We are committed to contributing to the health of our community by distributing nutritious foods.

Crossword Puzzle

Solve the clues below and enter the words in the corresponding spaces.



Across

1. For breakfast, there was ____ with milk.
4. to make toast, you put a slice of ____ in the toaster.
6. Second Harvest Food Bank provides food to help reduce ____.
7. ____ fish usually comes in cans.
8. You should eat leafy ____ such as spinach and kale every day.
10. ____ are crunchy with lots of protein.
11. Milk and ____ are two kinds of dairy products.

Down

2. What came first, the chicken or the ____?
3. Chicken, beef and pork are types of ____.
4. ____ are found in chili, stews and burritos.
5. I can ____ food to help those who are hungry.
6. Bears love to eat ____.
9. People should ____ a variety of foods every day.