

Name: _____

Date: _____

SPENDING WISELY AT THE GROCERY STORE



Plan your meals and snacks for 3 days.

Follow the Canada Food Guide to ensure you get your servings from the 4 food groups each day. To help you, here are the recommended daily servings of each food group for someone your age.

CATEGORY	NUMBER OF SERVINGS PER DAY
Fruits and vegetables	5 or 6
Grain products	4 to 6
Milk and alternatives	3 or 4
Meat and alternatives	1 or 2

You have \$100 to go grocery shopping. Use grocery store flyers or supermarket websites to calculate the prices. If the food is sold by volume or weight, indicate the quantity you will buy. You must also avoid wasting the leftovers of any food you buy.

MENU	DAY 1	DAY 2	DAY 3
Breakfast			
Snack			
Lunch			
Snack			
Supper			

