

Snack Time!

Snack Budget Worksheet



Your group "family" must create a shopping list for the school day snacks you will have in a week. When you are choosing your snacks, consider the nutritional value, ingredients, potential allergies others may have, packaging, and convenience. You have a decided budget of \$_____ to spend on the snacks for your "family." You will need to choose your snacks from the available flyers. Cut out the coupons you choose and glue them on the back of this budget worksheet.

Item	Flyer Used	Quantity	Price	Savings	Total Cost
				Total Savings	Total Cost

Once you have completed the task, reflect on the following questions:

1. How successful do you feel you were as a family to stay within budget when selecting optimal snacks for the week? Explain.
2. What are some things you had to think about throughout the task in order to stay within your budget?
3. How do you feel about a budget of \$_____ a week for snacks for a family?
4. Would you try this with your own family? Do you think it would work? Why or why not?