

Grocery Trip

Activity Description

Children research prices for items and plan a trip to the grocery store.

Learning Goals

Build an understanding of basic budgeting skills and learn the actual cost of purchasing everyday items.

Materials

- Grocery Store Flyers (paper copies or online)
- Canada's Food Guide (optional)
- Grocery List (included)
- Canadian Currency and Payment Method Templates (included)

Activity Instructions

1. As a family, use local grocery store flyers to plan your next trip to the grocery store.
2. Discuss your budget with your child. Ask them what amount they think is reasonable for a grocery shop and set a target amount together. You can share the amount you typically pay when purchasing groceries or show a past receipt (including a discussion about tax depending on your child's age).
3. Create a grocery list by selecting food items you will be purchasing (including how many will be purchased), then calculate the total (with or without tax depending on age) using a calculator. You can also discuss how the items fit into the different food groups using [Canada's Food Guide](#).
4. Children can use coins/bills to show the cost for each item.