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Plan a Food Budget

1. True or False? Coupons are the single most effective way to save money while grocery shopping.
 - a. True
 - b. False

2. Pharmacy 1 is selling one pack of toilet paper with 10 rolls for \$10. Pharmacy 2 is selling one pack of toilet paper with 48 rolls for \$24. Which statement below is TRUE?
 - a. Pharmacy 1 has a lower unit price
 - b. Pharmacy 2's unit price is \$2.00 per roll
 - c. Pharmacy 1 has a unit price of \$.10 per roll
 - d. Pharmacy 2 has the lowest unit price of \$0.50 per roll

3. Generally, when might it be a good idea to buy an item in smaller size with a HIGHER unit cost instead of a buying it in BULK at a lower unit cost?

Yes	No	Statement
<input type="checkbox"/>	<input type="checkbox"/>	You have a small apartment with not much storage space so don't have room for bulk purchases
<input type="checkbox"/>	<input type="checkbox"/>	The item you are purchasing is perishable and you are afraid that it will spoil before you eat all of it
<input type="checkbox"/>	<input type="checkbox"/>	You have a weekly food budget and buying in bulk would break your budget
<input type="checkbox"/>	<input type="checkbox"/>	The smaller size item is perceived by you to be lower quality than the bulk item

4. Which of the following is **NOT** an effective budgeting strategy for saving money at the grocery store?
- Always buy the item that's on sale
 - Stock up on basic pantry items that you can use to cook a lot of different meals
 - Prepare a grocery list before you go to the store, and avoid buying items that aren't on the list
 - Build a weekly meal plan around items you already own or items that are on sale that week, rather than just choosing foods you'd like to eat

5. Order the steps to create an effective meal plan.

	Statement
	Go to the store and only purchase ingredients on the list
	Write out the list of ingredients needed for the meals
	Identify ingredients already in the cupboard that you don't need to purchase
	Cook the meals as needed throughout the week
	Decide what meals you will cook for the week

6. When planning your food budget, it is a good idea to consider...(select all that apply):

Yes	No	Statement
		The price of food in the city you plan to live
		Dietary restrictions and the cost of any special item foods
		How often you plan to eat out
		The overall inflation rate

7. Jordan is putting together a food budget for the month. He is planning to spend the following amounts: 1) \$50 each week on groceries, 2) Eat lunch out 20 times per month and spend \$8 per lunch and 3) Eat dinner out 2 times a week and spend \$20 per dinner meal. Assuming a 4 week month, what should Jordan's monthly food budget be?
- \$98
 - \$320
 - \$460
 - \$520

8. Which of the following statements about these two products are TRUE?



Yes	No	Statement
		The 20 oz. soy sauce has a lower price than the 10 oz. soy sauce
		The 10 oz. soy sauce has a lower unit price than the 20 oz. soy sauce
		The 20 oz. soy sauce has a lower unit price than the 10 oz. soy sauce
		The 20 oz. soy sauce has a higher price than the 10 oz. soy sauce

9. Which of the statements about the cereals listed here are TRUE?

CEREAL/POP TARTS						
PRODUCT	BRAND	TOTAL	QUANTITY	UNIT COST	STORE	DATE
Frosted Mini-Wheat	Kellogg's	\$6.99	59.8oz	\$.116oz	SAM	12-Apr
Fruit Loops	Kellogg's	\$4.50	3ct 28oz	\$.053oz	WAL	12-Jul
Honey Bunches Oats asst	General Mills	\$0.98	14.5oz	\$.067oz	WIN	12-Mar
Honey Nut Cheerios	General Mills	\$7.20	49oz	\$.146oz	SAM	12-Apr
Kashi Go Lean Crunch	Kashi	\$6.99	51oz	\$.137oz	WAL	12-Jul
Kashi Org Autumn Wheat	Kashi	\$8.99	55.8oz	\$.161oz	WIN	12-Mar



Yes	No	Statement
		Ounces are the unit of measure used to compare the cereals
		Honey Nut Cheerios has the second highest unit cost among these cereals
		Honey Bunches of Oats has the lowest unit cost
		The total quantity of Fruit Loops is 84 ounces

10. What might be the reason(s) you purchase the 6 oz. yogurt?



Yes	No	Statement
		The 6 oz. yogurt has a lower unit price
		Both yogurts have an expiration date one week in the future and you eat about 12 oz. of yogurt a week
		The last time you bought the larger yogurt you wasted 2/3 of it
		The 32 oz. yogurt has a higher unit price