

OALCF Task Cover Sheet

Task Title: Create a shopping list and budget using grocery store flyers

Learner Name:	
Date Started:	Date Completed:
Successful Completion: Yes ___ No ___	
Goal Path: Employment___ Apprenticeship___ Secondary School___ Post Secondary___ Independence✓	
Task Description: Planning ahead by making lists and budget makes it easier to organize a household. In this task the learner will make a grocery list and budget using store flyers.	
Competency: A. Find and Use Information B. Communicate Ideas and Information C. Understand and Use Numbers D. Use Digital Technology	Task Group(s): A2: Interpret documents B3: Complete and create documents C1: Manage money n/a
Level Indicators: A2.1: Interpret very simple documents to locate specific information B3.2a: Use layout to determine where to make entries in simple documents C1.1: Compare costs and make simple calculations C1.2: Make low-level inferences to calculate costs and expenses that may include rates such as taxes and discounts D.2: Perform well-defined, multi-step digital tasks	
Performance Descriptors: see chart on last page	
Materials Required: <ul style="list-style-type: none">• Food Basic grocery store flyer or flyer of choice available at www.flyerland.ca• Grocery List Template• Calculator• Pen/paper	

Instructor Preparation: Provide the learner with a print out of the Food Basics flyer provided or go to www.flyerland.ca and print a flyer from a store where the learner normally shops (you can also have the learner bring in a flyer from a local grocery store).

Provide the learner with a calculator.

The learner should have participated in math lessons and be comfortable with adding and subtracting with numbers.

Task Title: Create a shopping list and budget using grocery store flyers

Planning ahead by making lists and budget makes it easier to organize a household. For this task you will be working with a budget of \$150.

Task 1: Scan the flyers and circle the items you need to buy for groceries for one week.

Task 2: Using the Grocery List Template, list all the items you circled in the flyer in the Item column and enter the individual price of each item in the Price column.

Task 3: In the Quantity column, enter the how many of each item you need to buy.

Task 4: In rows where you have only the 1 under the Quantity column, copy the price from the Price column into the Total Price column.

Task 5: In rows where you have more than 1 in the Quantity column, multiply the Price and the Quantity to get the amount to put in the Total Price column.

Task 6: Add everything in the Total Price column and put that amount in the Subtotal line.

Task 7: It is hard to know the total tax because some items have HST and some don't. A good rule of thumb is to estimate 10% of the total for tax. Calculate 10% of the amount listed in the Subtotal line. Enter that amount in the Tax line.

Task 8: Add the amount in the Subtotal line with the amount in the Tax line. Enter that amount in the Total line.

Task 9: Subtract the amount in the Total line from the \$150 amount in the Budget line. Enter that amount in the Balance line.

Task 10: If your balance is negative then you have listed more items than you can afford in your budget. Delete items from your list and repeat Tasks 6-10 until you have a positive balance. If you have a positive balance you can choose to add more items to your list or bank the balance and save the money for something else.

food Basics

always *more* for *less!*

PRIMO Thick & Zesty Italian Dressing

PRIMO Spaghetti

WOW!
SAVE UP TO \$1.09
.88 EA

WOW!
SAVE \$2.59
1.88 EA

WOW!
SAVE \$2.11
2.88 EA

WOW!
SAVE UP TO \$3.11/LB
1.88 LB

WOW!
2/\$5

PRIMO Spaghetti

Gusto Italiano Ultra Thin Crust Pizza

McCain Ultra Thin Ultra Mince

Wonderful Wonderful Roasted Pistachios

FRESH CHICKEN DRUMSTICKS OR THIGHS VACUUM PACKAGED PORK ROSE TENDERLOIN

Low Prices start from Friday, December 30th to Thursday, December 13th, 2012

PRICE SQUEEZE NOW OVER 300 NEW

We add over 300 NEW LOWER PRICES every week.

Gold Seal Blended White Tuna Solid White Tuna SAVE \$1.10 1.99	KRAFT CAESAR DRESSING SAVE 80¢ 1.99	KRAFT RANCHER'S DRESSING SAVE 80¢ 1.99	
Kellogg's CORN FLAKES SAVE \$1.10 2.99	WITT'S CLAMATO SAVE \$1.10 2.99	V8 FUSION SAVE \$1.10 2.99	
SICK'S Dill Pickles SAVE \$2.20 1.99	Black Diamond CHOCOLATE STICKS SAVE \$1.10 2.99		
Crescents Croissants SAVE 6¢ 1.25	Cool Whip SAVE 5¢ 2.49		
SAVE 12¢ .77	SAVE 31¢ .88	SAVE 5¢ 1.49	SAVE 5¢ 2.99
SAVE 20¢ 1.99	SAVE 30¢ 2.99	SAVE 5¢ 2.49	SAVE 20¢ 2.99

LOWER PRICES VERY WEEK!

Just some of the 1,000's you'll always find in-store.

 <p>OCEAN SPRAY CRANBERRY OR FRUIT COCKTAILS 1.5L L 1.0L & 2.0L SA SELECTED VARIETIES</p> <p>SAVE UP TO \$1.30</p> <p>2.49 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>Lays Classic Classique FAMILY PACK</p> <p>NEW Special K CRACKER CHIPS</p> <p>SAVE 98¢ WITH YOU BUY 2</p> <p>2/\$5</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>
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 <p>M&M'S MARS BARS OR CELLO 6.62 - 2.99 L OR 4 L SELECTED VARIETIES</p> <p>SAVE UP TO 60¢</p> <p>2.99 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>Tropicana 100% JUICE PURE FRUIT PURE SQUEEZED FLAVORED CRANAPPLE JUICE RUBY RED GRAPEFRUIT</p> <p>TROPICANA ORANGE JUICE OR JUICE BLENDS 1.75 L SELECTED VARIETIES</p> <p>SAVE UP TO \$1.20</p> <p>3.49 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>
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 <p>KRAFT SHREDDED CHEESE 3.5 L SELECTED VARIETIES</p> <p>SAVE \$1.20</p> <p>5.99 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>SELECTION ALL-PURPOSE FLOUR 15 KG SELECTED VARIETIES</p> <p>10 KG</p> <p>SAVE \$2.78</p> <p>6.99 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>
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 <p>TROPHY RAISINS 1.5 L</p> <p>SAVE 50¢</p> <p>2.49 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>IMPERIAL BUTTER 500 G</p> <p>SAVE \$1.29</p> <p>2.99 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>
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 <p>WHITE RICE 5.0 L</p> <p>SAVE \$1.00</p> <p>2.99 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>UNCOOKED WHITE RICE 5.0 L</p> <p>SAVE \$1.00</p> <p>2.99 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>Winn-Dixie RICE 5.0 L</p> <p>SAVE \$1.22</p> <p>4.77 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>Jaker's Choice PASTA 5.0 L</p> <p>SAVE \$2.00</p> <p>5.99 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>
 <p>TOSSIMO 5.0 L</p> <p>SAVE \$1.00</p> <p>3.99 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>TOSSIMO 5.0 L</p> <p>SAVE \$1.00</p> <p>5.99 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>Chioits 5.0 L</p> <p>SAVE 80¢</p> <p>6.99 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>Energizer BATTERIES SPECIAL BUY</p> <p>9.49 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>

PRICE SQUEEZE FRESHER PRICES THAN EVER!

 <p>SEEDLESS CUCUMBERS PRODUCT OF MEXICO, NO. 1 GRADE</p> <p>.97 EA.</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>HOthouse TOMATOES PRODUCT OF MEXICO, NO. 1 GRADE</p> <p>.97 LB.</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>
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 <p>ROMAINE HEARTS PRODUCT OF U.S.A., Pkg. OF 3</p>	 <p>MINI SEEDLESS WATERMELONS PRODUCT OF MEXICO</p>	 <p>AVOCADOS PRODUCT 18 BULKED, Pkg. OF 3</p>
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2/\$5

NEW LOWER PRICE PRICE SQUEEZE

 <p>BLACKBERRIES PRODUCT OF MEXICO</p> <p>2/\$3</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>GOLDEN RIPE PINEAPPLES PRODUCT OF COSTA RICA</p> <p>1.67 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>
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 <p>FROSTY FERNS</p> <p>3.97 EACH</p>	 <p>COINSETTIAS</p> <p>4.88 EACH</p>	 <p>MINI ROSES</p> <p>2/\$3</p>
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BAKERY NEEDS

 <p>12'S BREAD</p> <p>1.99 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>Doritos WHOLE GRAINS</p> <p>2/\$5</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>
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 <p>12'S BAGELS</p> <p>1.99 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>12'S BAGELS</p> <p>2.99 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>	 <p>ASSORTED BREADS</p> <p>\$5 EACH</p> <p>NEW LOWER PRICE PRICE SQUEEZE</p>
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FRESHER PRICES THAN EVER!

BONELESS BLADE ON CROSS RIB ROAST'S ON FAMILY PACK STEAKS
CUT FROM CANADA STEAK AS OR HEAVY CHANGES OF BEEF
5.5 LB PKG

SAVE \$1.39/LB

4.99 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

PRIME BONELESS SKINLESS CHICKEN BREAST OR THIGHS
FAMILY PACK
4.2 LB PKG

SAVE UP TO \$4.39/LB

5.99 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

JOHNSONVILLE BREAKFAST SAUSAGES
3.75 LB OR
BONELESS CURED PORK LOIN ROAST
ROLLED IN CORNMEAL
5.5 LB PKG

SAVE UP TO \$1.50 EA./LB

2.99 EA./LB

NEW LOWER PRICE! **PRICE SQUEEZE**

FRESH WHOLE CHICKEN
5.2 LB

SAVE \$2.00

5.99 EACH

NEW LOWER PRICE! **PRICE SQUEEZE**

PIAN LIME CHOPS
NEW! 100% PORK
3.5 LB PKG

3.79 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

ESTERILIZED CHICKEN BEEF
3.5 LB PKG

3.99 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

CLIP OFF CHICKEN LEG
NEW! 100% PORK
3.5 LB PKG

5.99 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

SAUSAGE ROLLS
NEW! 100% PORK
3.5 LB PKG

3.99 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

APRILIA
NEW! 100% PORK
3.5 LB PKG

3.99 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

CRUSTING BUNS
NEW! 100% PORK
3.5 LB PKG

3.99 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

NEW! 100% PORK
3.5 LB PKG

3.49 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

NEW! 100% PORK
3.5 LB PKG

4.99 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

NEW! 100% PORK
3.5 LB PKG

6.99 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

NEW! 100% PORK
3.5 LB PKG

\$5 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

NEW! 100% PORK
3.5 LB PKG

\$10 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

NEW! 100% PORK
3.5 LB PKG

\$10 /LB

NEW LOWER PRICE! **PRICE SQUEEZE**

NEW PIZZA OF THE MONTH

GREAT VALUE \$7 /PIZZA

NEW LOWER PRICE! **PRICE SQUEEZE**

always more for less!



RED DELICIOUS APPLES
PRODUCT OF CALIFORNIA
SUNBURST TANGERINES
PRODUCT OF U.S.A.
BROCCOLI
PRODUCT OF U.S.A.

WOW!

.88 EA./LB

blueberry cereal bars

WOW!

SAVE UP TO \$1.12

1.67 EACH

NEW LOWER PRICE! **PRICE SQUEEZE**

Nestle Pure Life Natural Spring Water
24 x 500 ML
MULTIPLY VARIETIES

WOW!

SAVE \$2.05

2.44 EACH

NEW LOWER PRICE! **PRICE SQUEEZE**

QUAKER GRANOLA BARS
3.50 LB
SELECTION CEREAL BARS
300 g
SELECTION FRUIT CLIPS
4 x 80 ML, SELECTION VARIETIES

WOW!

SAVE \$1.20

1.99 EACH

NEW LOWER PRICE! **PRICE SQUEEZE**

LACTANTIA 5% OR 10% CREAM
LACTANTIA 15% OR 30% CREAM
100 ML
IRRESISTIBLES REAL WHIPPED CREAM
225 G
SELECTION VARIETIES

WOW!

SAVE UP TO \$1.50

1.99 EACH

NEW LOWER PRICE! **PRICE SQUEEZE**

Villaggio ITALIAN STYLE BREAD
12 CRUSTING BUNS
SAUSAGE BUNS
12 x 6.5 IN
750 G

WOW!

SAVE \$5.00

10.99 EACH

NEW LOWER PRICE! **PRICE SQUEEZE**

Quality Street
125 G

FRASER FIR 6 - 8'

HIGH LINER BREADED SIGNATURE PACKS
1800ZL, 680 G

WOW!

SAVE \$5.00

6.99 EACH

NEW LOWER PRICE! **PRICE SQUEEZE**

FRASER FIR 6 - 8' CHRISTMAS TREES
AVAILABLE AT MOST STORES

WOW!

19.99 EACH

NEW LOWER PRICE! **PRICE SQUEEZE**

Task Title: Create a shopping list and budget using grocery store flyers

Performance Descriptors		Needs Work	Completes task with support from practitioner	Completes task independently
A2.1	<ul style="list-style-type: none"> scans to locate specific details 			
	<ul style="list-style-type: none"> interprets brief text and common symbols 			
	<ul style="list-style-type: none"> locates specific details in simple documents, such as labels and signs 			
B3.2a	<ul style="list-style-type: none"> uses layout to determine where to make entries 			
	<ul style="list-style-type: none"> begins to make some inferences to decide what information is needed, where and how to enter the information 			
C1.1	<ul style="list-style-type: none"> adds, subtracts, multiplies and divides whole numbers and decimals 			
	<ul style="list-style-type: none"> recognizes values in number and word format 			
	<ul style="list-style-type: none"> understands numerical order 			
	<ul style="list-style-type: none"> begins to interpret integers, such as in a negative bank balance 			
	<ul style="list-style-type: none"> identifies and performs required operation 			
	<ul style="list-style-type: none"> follows apparent steps to reach solutions 			
	<ul style="list-style-type: none"> interprets and represents costs using monetary symbols and decimals 			
	<ul style="list-style-type: none"> uses strategies to check accuracy (e.g. estimating, using a calculator, repeating a calculation, using the reverse operation) 			
C1.2	<ul style="list-style-type: none"> calculates using numbers expressed as whole numbers, fractions, decimals, percentages and integers 			
	<ul style="list-style-type: none"> calculates percentages 			
	<ul style="list-style-type: none"> interprets and applies rates (e.g. \$/kg, \$/1) 			
	<ul style="list-style-type: none"> chooses and performs required operation(s); may make inferences to identify required operation(s) 			

	<ul style="list-style-type: none"> selects appropriate steps to reach solutions 			
	<ul style="list-style-type: none"> represents costs and rates using monetary symbols, decimals and percentages 			
	<ul style="list-style-type: none"> uses strategies to check accuracy (e.g. estimating, using a calculator, repeating a calculation, using the reverse operation) 			
D.2	<ul style="list-style-type: none"> selects and follows appropriate steps to complete tasks 			
	<ul style="list-style-type: none"> locates and recognizes functions and commands 			

This task: was successfully completed ___ needs to be tried again ___

Learner Comments

Instructor (print)

Learner Signature