



Saving Food Dollars Lesson Plan Self - Study Module (SSM)

Name _____ Date _____

Instructions: Match the food to the right price.

Breakfast

\$ amount

2 eggs and 2 slices whole wheat toast	.66
1 oz cheerios (store brand) and 8 oz milk	1.01
2 oz granola and 4 oz yogurt	.65
1 fast food breakfast sandwich	.96

Lunch

\$ amount

1 peanut butter and jelly sandwich	1.00
4 oz canned chili, 2 slices whole wheat bread	.54
1 bean burrito (pre-packaged)	.70

Dinner

\$ amount

spaghetti (1 cup pasta, 1/2 cup sauce)	3.83
1 slice of restaurant pizza	.72
4 oz meatloaf	1.00

Snack

\$ amount

peanut butter crackers	1.01
1 fast food dollar menu snack	.44
string cheese	.24
1/2 cup baby carrots	.46

Money Saving Tips:

Tip# 1: Keep a grocery list in your kitchen

Tip# 2: Plan meals ahead

Tip# 3: Shop on a full stomach

Tip# 4: Look for bargains

Tip# 5: Use coupons for things you normally buy

Tip# 6: Use the "unit price"

Tip# 7: Bring your own shopping bags

Tip# 8: Watch for errors during check out

Tip# 9: Prepare more homemade food

Tip# 10: Buy bigger portions

One step I can take to save money at the grocery store and still eat healthy:



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Answer Key

Most expensive is in bold

Breakfast	\$ amount
2 eggs and 2 slices whole wheat toast	.65
1 oz cheerios (store brand) and 8 oz milk	.66
2 oz granola and 4 oz yogurt	.96
1 fast food breakfast sandwich	\$1.01
Lunch	\$ amount
1 peanut butter and jelly sandwich (1 oz peanut butter, 1 oz jelly, 2 slices whole wheat bread)	.54
4 oz canned chili, 2 slices whole wheat bread	.70
1 bean burrito (pre-packaged)	\$1.00
Dinner	\$ amount
spaghetti (1 cup pasta, 1/2 cup sauce)	.72
1 slice of restaurant pizza	\$3.83
4 oz meatloaf	1.00
Snack	\$ amount
peanut butter crackers	.44
1 fast food dollar menu snack	\$1.01
string cheese	.24
1/2 cup baby carrots	.46

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Breakfast

2 eggs and 2 slices
whole wheat toast



Cheerios
1 oz cheerios and
8 oz skim milk



Dollar Menu
McDonald's
Breakfast Sandwich



Homemade Smoothie
4 oz milk, 1/2 banana,
2 oz strawberries



4 oz Yogurt with
2 oz Granola



Cheerios (store brand)
1 oz cheerios and
8 oz skim milk



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Lunch

Bean Burrito
(Grocery store bought)



Bean Burrito
2 corn tortillas, 4 oz beans,
some cheese, hot sauce,
lettuce, tomato, onion



Turkey Sandwich
2 slices whole wheat
bread, 2 oz turkey, 1 oz
cheese, lettuce, tomato



**Peanut Butter and Jelly
Sandwich**
2 slices whole wheat
bread, 1 oz peanut butter,
1 oz jelly



1/2 cup canned Chili
with 2 slices of
whole wheat bread



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Dinner

Stir Fry
(Homemade)



Meat Loaf
(Homemade)



Spaghetti
1 cup pasta, 1/2 cup sauce



Fried Chicken
(Fast Food)



Rotisserie Chicken
(Grocery store bought)



Pizza
(Frozen)



Pizza
(Restaurant)



Pizza
(Take and bake)



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Snack

Banana
(1 whole)



String Cheese



Pretzel
(1/2 cup)



McDonalds
Dollar Menu Snack



Grapes (1/2 cup) or
1 Apple



Peanut Butter and
Crackers



Baby Carrots
(1/2 cup)



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Breakfast

\$.65

\$.68

\$.66

\$.67

\$.96

\$1.01

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Lunch

\$.54

\$.88

\$1.00

\$.70

\$2.00

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Dinner

\$.72

\$1.00

\$1.14

\$1.25

\$2.54

\$3.83

\$2.66

\$1.50

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Snack

\$.24

\$.33

\$.39

\$.44

\$.24

\$.46

\$.68

\$.75

\$1.01