



Self - Study Module (SSM)

| Name . | Date |  |
|--------|------|--|
|        |      |  |

**Instructions:** Match the food to the right price.

| Breakfast   | ¢ amazumt  |
|---|--|
| Diedkiast   | \$ 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<br>1 fast food breakfast sandwich  | .65<br>.96   |
| riast 1000 breaklast salluwich  | .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  |
| <b>Dinner</b> spaghetti (1 cup pasta, 1/2 cup sauce)  | \$ amount  |
| spaghetti (1 cup pasta, 1/2 cup sauce)<br>1 slice of restaurant pizza   | •  |
| spaghetti (1 cup pasta, 1/2 cup sauce)  | 3.83   |
| spaghetti (1 cup pasta, 1/2 cup sauce)<br>1 slice of restaurant pizza   | 3.83<br>.72  |
| spaghetti (1 cup pasta, 1/2 cup sauce)<br>1 slice of restaurant pizza<br>4 oz meatloaf  | 3.83<br>.72  |
| spaghetti (1 cup pasta, 1/2 cup sauce)<br>1 slice of restaurant pizza   | 3.83<br>.72  |
| spaghetti (1 cup pasta, 1/2 cup sauce)<br>1 slice of restaurant pizza<br>4 oz meatloaf  | 3.83<br>.72<br>1.00                                    |
| spaghetti (1 cup pasta, 1/2 cup sauce) 1 slice of restaurant pizza 4 oz meatloaf  Snack  peanut butter crackers 1 fast food dollar menu snack               | 3.83<br>.72<br>1.00<br>\$ amount<br>1.01<br>.44        |
| spaghetti (1 cup pasta, 1/2 cup sauce) 1 slice of restaurant pizza 4 oz meatloaf  Snack  peanut butter crackers 1 fast food dollar menu snack string cheese | 3.83<br>.72<br>1.00<br>\$ amount<br>1.01<br>.44<br>.24 |
| spaghetti (1 cup pasta, 1/2 cup sauce) 1 slice of restaurant pizza 4 oz meatloaf  Snack  peanut butter crackers 1 fast food dollar menu snack               | 3.83<br>.72<br>1.00<br>\$ amount<br>1.01<br>.44        |

### **Money Saving Tips:**

Tip# 1: Keep a grocery list in vour 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:





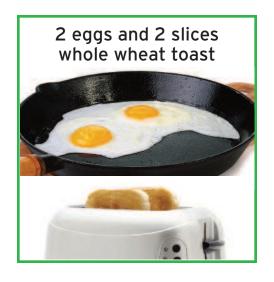
### **Answer Key**

#### Most expensive is in bold

| Breakfast   | \$ amount                          |
|---|------------------------------------|
| 2 eggs and 2 slices whole wheat toast<br>1 oz cheerios (store brand) and 8 oz milk<br>2 oz granola and 4 oz yogurt<br>1 fast food breakfast sandwich                        | .65<br>.66<br>.96<br><b>\$1.01</b> |
| Lunch   | \$ amount                          |
| 1 peanut butter and jelly sandwich (1 oz peanut butter, 1 oz jelly, 2 slices whole wheat bread) 4 oz canned chili, 2 slices whole wheat bread 1 bean burrito (pre-packaged) | .54<br>.70<br><b>\$1.00</b>        |
| Dinner  | \$ amount                          |
|   | <b>Q</b> dilloulit                 |
| spaghetti (1 cup pasta, 1/2 cup sauce)  1 slice of restaurant pizza  4 oz meatloaf  | .72<br><b>\$3.83</b><br>1.00       |
| spaghetti (1 cup pasta, 1/2 cup sauce)  1 slice of restaurant pizza   | .72<br><b>\$3.83</b>               |

### Self - Study Module (SSM)

### **Breakfast**

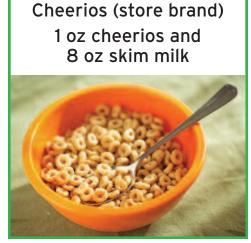












#### Lunch











### **Dinner**

Stir Fry (Homemade)







Fried Chicken (Fast Food)

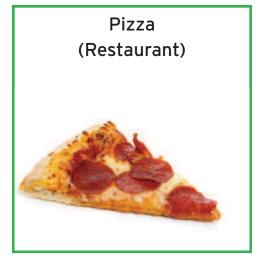






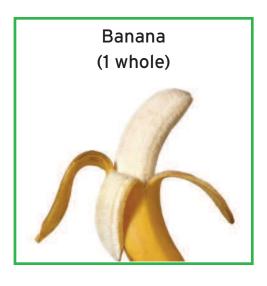
Pizza (Frozen)





Pizza (Take and bake)

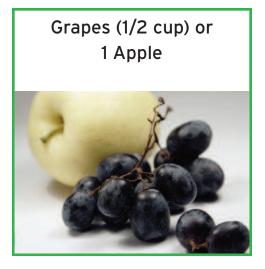
### **Snack**















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#### **Breakfast**

\$.65 | \$.68 | \$.66

\$.67

\$.96 \$1.01

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