Instructions for Personal Money Management Project

Students work in groups of three or four to research a menu plan, develop a grocery shopping list, a budget and a letter of complaint:

- Examine various ways to maintain a food budget adequate to income.
- Develop a shopping list based upon a weekly meal plan and budget.
- Identify ways to grocery shop within a specified budget.
- Discover ways to save money when purchasing groceries.
- Create a letter of complaint pertaining to an item purchased at the grocery store

You will use USDA Food Plans: Cost of Food at Home and the Food Plan Scenario Cards to develop your project.

Your project will include a written report to include:

- Have students complete a food budget for one week and grocery pricing list.
  a. What type of food plan they will be using.
  b. Age of people in their family.
  c. Number of people in their family.
  d. How much money can be spent weekly on food?

- The students they will be creating a food plan for a week on the Menu Planning Worksheet. Students must:
  a. Stay within their budget.
  b. Include three meals per day, all eaten at home.
  c. Demonstrate effective use of ingredients and leftovers.
  d. Offer adequate servings of all necessary food groups and provide balanced nutrition.
  e. Stress students need to specify all ingredients and the amounts needed for each food item.

- Determine if their total is within their assigned budget.

- Create a letter of complaint pertaining to an item purchased at the grocery store