**Culinary Technology 120**

**Grocery Budget Assignment**

Your job is to use the budget given at the end of the assignment directions to plan supper for one week for a family of 4. Each meal must be balanced You will use online flyers to determine the cost of foods.

Make sure when you are looking online that you are using New Brunswick stores (many offer online shopping options) and flyers. Cost of food is very different in Ontario or the USA than it is in New Brunswick. You cannot use an online store such as Amazon as people don’t tend to buy groceries here)

To keep within budget, you may need to make hard choices. For example, you may want boneless, skinless chicken breasts but may only be able to afford chicken leg quarters. You may want to include dessert every day but can’t afford it.

Your final product should be hand written or typed in the following format:

**Part 1 – Overview of all 7 meals**

Monday – Spaghetti with meat sauce and garlic bread

Tuesday – Roasted chicken with potatoes, carrots, and gravy

Wednesday –

Thursday –

Friday –

Saturday -

Sunday –

**Part 2 - Cost of each meal outlined in detail**.

Your detailed outline must include:

* Item (including brand name) – Be sure to include each item needed to make each dish)
* Where you found the item (store, flyer or online price)
* Cost for item and amount (volume or weight)
* Cost for the amount you need
* Total cost for the meal

You decide the most organized way for you to detail it – chart, list, etc.

See back of this page for an example.

**Part 3 – Total Cost for 7 meals**

Include the total cost and how much is left over from your original budget.

YOU CANNOT GO OVER YOUR BUDGET – if you are over you must go back and make changes.

**Due date – March 18, 2020**

**Your weekly budget is** (the amount highlighted is your budget).

**$100 $200 $250 Unlimited**

Example:

Spaghetti with meat sauce and garlic bread

Dry spaghetti – No Name - $1.49 per package (will use ½ package)

Atlanticsuperstore.ca

Cost: $0.75

Lean ground beef – $5.49/pound (need 1 pound)

Sobeys Flyer Feb. 27-March 4

Cost - $5.49

Spaghetti Sauce – Ragu - $2.79/jar (need 2 jars)

Atlanticsuperstore.ca

Cost - $5.58

Compliments Organic Sliced White Mushrooms - $2.99/227 g (use 1 package)

Sobeys Flyer Feb. 27-March 4

Cost - $2.99

Garlic Bread with cheese - $2.99/260g

Atlanticsuperstore.ca

Cost - $2.99

Total Cost for Meal: $17.80