

Kenu Howard

Activity Journal 9

Social Welfare Policy and Services

April 19th, 2023

Monday

Breakfast: 8 boiled eggs (2 per person), 4 bananas (1 per person)

Lunch: (Kids) 2 Peanut Butter and Jelly Sandwiches (1 per child), Kettle cooked chips, 2 bottles of water (1 per child), 2 apples (1 per child)

(parents) 2 Tuna sandwiches (1 per parent), kettle cooked chips, 2 apples (1 per parent), 2 yogurts (1 per parent)

Dinner: spaghetti and meatballs

Tuesday

Breakfast: Butter and jelly on toast, bananas, yogurt

Lunch: Left over spaghetti and meatballs

Snack: Kettle cooked chips

Dinner: Hamburgers and home made fries

Wednesday

Breakfast: scrambled eggs, toast

Lunch: Tuna fish sandwiches with, water, yogurt

Snack: Kettle Cooked Chips

Dinner: Baked chicken wings, steamed veggies, and mashed potatoes

Thursday

Breakfast: Toast with butter and jelly, yogurt, apple slices

Lunch: salad with left over baked chicken on top, water, banana

Dinner: Fried spam, oven roasted potatoes, steamed veggies

Friday

Breakfast: Boiled eggs, yogurt, bananas

Lunch: Fried spam sandwiches with lettuce, tomatoes and mayo, cashews, apples, water

Snack: Kettle cooked chips

Dinner: Hamburgers

Saturday

Breakfast: omelettes, homefries and bananas

Lunch: Fried spam sandwiches with lettuce, tomatoes and mayo, cashews, apples, water

Snack: Ice cream

Dinner: Salmon, brown rice and mixed veggies

Sunday

Breakfast: scrambled eggs, homefries, toast,

Lunch: Salad with salmon on top

Snack: Kettle cooked chips, juice

Dinner: Turkey wings and gravy, brown rice, mixed veggies

For this weeks menu, all shopping was done at Walmart. The breakdown is as follows”

Eggs (60 ct)- \$17.64

Apples (2, 3lb bags)- \$8.48

Peanut Butter (2 jars) - \$3.00

Butter- \$2.52

Jelly (2 jars)- \$13.00

Cases of water (3) - \$17.00

Frozen Hamburger Patties (2 boxes)- \$23.00

Salmon (2 bags)- \$20.00

Turkey Wings- \$13.00

Bag of potatoes: \$5.50

Spam: \$3.58

Rice: \$7.84

Yogurt: \$6.00

Milk: \$2.66

Tuna fish: \$7.00

Chips; \$4.00

Icecream: \$3.00

Bread: \$5.00

My total after grocery shopping was 162.22. The greatest difficulty that I encountered was making my food supply stretch. When I could, I would use leftovers from dinner for lunch to ensure that no food was wasted. I would also repeat meals like eggs. I would just make sure to cook the eggs in various different ways to offer my family some sense of variety. Committing to making sure that meals were balanced was a bit of a challenge as well. Unhealthy foods are not as expensive as healthy balanced foods.