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Activity Journal #9

Plan a Healthy Menu on a Small Budget. You have a weekly allotment of \$162.50. Produce a weekly menu of healthy foods for a family of four. The menu must include breakfast, lunch, dinner, and a daily snack. In order to complete the exercise, obtain food prices from grocery stores in the area, and then plan the menu based on dietary needs and food prices as published by the local grocery stores. Present your budget and explain the difficulties you encountered in planning healthy, balanced meals for a family of four with the money available for food.

I researched some budget meal planning for a family of four and have discovered a budget meal plan for less than \$30 (which is definitely helpful when my weekly allotment is \$162.50). For breakfast, I was able to find a loaf of bread for \$1. Peanut butter for \$1. Jelly to combine with the peanut butter for \$1. Some fresh fruit for a maximum of \$3. Yogurt cups for 49 cents each. For lunch, I found tortillas for \$1. Shredded cheese for \$1.89. taco seasoning packets for 35 cents each. Salsa for \$1.49. Some frozen veggies for \$1 each. For dinner, I found frozen chicken breasts for \$7. Canned vegetables for 49 cents each. Tortilla chips for \$1. As for breakfast, I decided to make enough peanut butter and jelly sandwiches, complete with yogurt and fresh fruit. As for lunch, I decided to make veggie and cheese quesadillas along with some salsa. For dinner, I decided to make seasoned chicken breasts with stir fried canned veggies mixed together and tortilla chips as a light snack. Although everything I listed was affordable and should be enough to feed a family of four, I am not sure if every item is considered healthy (such as tortillas and chips). However, when people are on a budget and cannot afford healthier life styles, they make the most of the hand they are dealt in life and improvise when times are tough.