

Social Welfare Policy

Activity Journal # 9

Jason Bruno

Grocery list

Fish (whiting) 32oz package \$6.99	Chicken Breast 2lbs \$10.00	Spaghetti 12oz \$3.00
Ground Turkey 48 oz \$11.50	Brown Rice 28oz box \$4.99	Tomato sauce 32oz \$5.00
Broccoli 48oz \$6.00	Strawberries 16oz \$3.99	
Grapes 2lbs \$5.00	1 bag of Oranges 4lbs \$7.00	
1 bag of Apples 48oz \$4.00	1 bag of Carrots 32oz \$2.00	
Cucumbers (5) \$5.00	Oat Milk 86oz \$6.00	
Container of Salad 5oz \$3.00	1 box of Oatmeal 18oz \$5.00	
Cols Cuts (Turkey) 9oz \$4.50	Cheese (Provalone) \$7.6oz \$2.00	
Shredded Cheese 2 packs \$2.50	Tortillas \$3.00	
Loaf of bread 24oz \$4.00	Milk 1gal \$4.00	
Apple juice 64oz \$3.00	Eggs 1 carton \$4.00	
Cereal 10oz \$4.00	1 bag of tortilla chips 16oz \$4.00	

Monday

Breakfast Bowl of oatmeal with a side of strawberries glass of juice

Snacks Fruit (apples or oranges)

Lunch Turkey sandwich side of grapes

Dinner Grilled chicken brown rice and steamed broccoli

Tuesday

Breakfast Bowl of cereal an a orange

Snacks Cucumbers and Carrots

Lunch PB sandwich

Dinner Chicken quesadilla with a side of salad

Wednesday

Breakfast Bowl of oatmeal with apples in it. Glass of juice

Snacks: Fruits

Lunch: Left over quesadilla from the night before

Dinner: Spaghetti with ground turkey and tomato sauce

Thursday

Breakfast: Bowl of cereal and an apple

Snacks: Berries

Lunch: Grilled cheese sandwich

Dinner: Steamed Fish and veggies with brown rice

Friday

Breakfast: Oatmeal with berries and a glass of juice

Snacks: Cucumbers and Strawberries

Lunch PB sandwich and some carrots

Dinner: Grilled Chicken with veggies and brown rice.

In total I spend \$122.00, I got all the groceries from Shop Rite which is 15 minutes from my residence. There are other grocery stores that are in closer proximity to my home, however the quality of their produce is sub par. With Shop rite the produce is much higher quality. The reason I was able to stay within the budget was namely because I know how to shop for food. I was taught by my grandmother on how to shop for deals and how to use coupons. This wasn't a difficult task since it is something that I'm already doing, however I am aware of certain aspects that are giving me a leg up. The fact that I can drive to the supermarket with the better quality food is a privilege that most people don't have. While it takes me 15 minutes to get there it would take someone without on public transportation 45 minutes. Not to mention if the person isn't an able bodied individual this would be a daunting task to not only get to the supermarket but also to return home with the groceries. If better quality supermarket were in close proximity then this wouldn't be a problem, however I wouldn't necessarily call me neighborhood a food desert but we don't have access to many options for higher quality food for an affordable price