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SWK355
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Journal 9

Complete the exercise below, and then reflect on your experience in a written response of 1–2 pages:

- **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.**

Based on a budget of approximately \$162.50 per week for a family of four, we could spend about \$40 per person, per week. Beginning with a healthy breakfast we can purchase oatmeal, cereal, fresh fruit, almond milk, and nuts for protein. A box of Quaker oatmeal containing 48 packets would cost \$18. A container of fresh mixed fruits costs around \$8, almond milk costs \$6, and a small container of mixed nuts at \$4. For lunch, we do roasted vegetable wraps ranging at around \$13 with hummus at \$5. Then considering dinner, we can still afford baked chicken breast with some roasted sweet potatoes and green beans that would total to around \$14. As for daily snacks, we can include apple slices with peanut butter or even carrot sticks with hummus that would cost no more than \$10. Additional foods such as eggs, cheese, pasta, rice can still be afforded with the remainder budget however since prices vary supplies would be limited. Meals would vary by day however this meal plan remains within budget range and can still manage to feed a family of four.