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SWK555/SWK355: Social Welfare Policy and Services  
Lesson 13: Activity Journal #9  
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## Reflection

Weekly Budget: \$162.50

As a 37-year-old single mother of two teenagers and her elderly parent, planning a healthy menu on a small budget of \$162.50 for a family of four can be quite challenging. My main goal is to provide nutritious meals while staying within the budget.

### Breakfast:

Oatmeal with sliced bananas (\$4.50)  
Scrambled eggs with whole wheat toast and orange slices (\$8.00)  
Greek yogurt with mixed berries and honey (\$6.50)  
Peanut butter and jelly sandwich with a glass of milk (\$7.00)  
Total: \$26.00

### Lunch:

Chicken and vegetable stir-fry with brown rice (\$16.00)  
Tuna salad sandwich with carrots and celery sticks (\$8.00)  
Black bean soup with whole wheat crackers (\$9.50)  
Turkey and cheese wrap with apple slices (\$13.00)  
Total: \$51.50

### Dinner:

Baked chicken with roasted sweet potatoes and green beans (\$20.00)  
Spaghetti with marinara sauce and a side salad (\$10.00)  
Fish tacos with avocado salsa and corn on the cob (\$22.00)  
Vegetarian chili with cornbread muffins (\$15.00)  
Total: \$79.00

### Daily Snack:

Hummus with whole wheat pita and cucumber slices (\$6.50)  
Trail mix with dried fruits and nuts (\$5.00)  
Apple slices with peanut butter (\$4.50)  
Yogurt parfait with granola and mixed berries (\$7.00)  
Total: \$23.00

Overall Total: \$162.50

It was quite challenging to plan a healthy and balanced menu for a family of four while staying within a weekly budget of \$162.50. I had to consider the nutritional value of each food item, while also factoring in the cost of the ingredients. I had to prioritize the most affordable healthy food options, such as oatmeal, beans, and frozen vegetables.

I also had to think creatively and plan meals that could be repurposed for multiple meals. For example, the leftover chicken from dinner could be used in the chicken and vegetable stir-fry for lunch the next day. Additionally, planning ahead and buying in bulk could help reduce the overall cost of food.

Another challenge was accommodating the dietary needs and preferences of each family member while still staying within the budget. For example, my teenage son is a vegetarian, so I had to plan meals that were both affordable and vegetarian-friendly.

Despite the challenges, it was a rewarding experience to be able to plan a healthy menu for my family while also staying within the budget. This exercise has taught me the importance of being resourceful and creative when it comes to meal planning, and has encouraged me to continue prioritizing healthy and affordable food options for my family.