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Activity #9

During this process, food has gotten way more expensive since there has been so much inflation and buying healthy foods is a lot more than non-healthy foods. I went to my local grocery store, and I made a list of possible healthy foods I could get with the budget that I was given for this activity of \$162.50. In this list, I put healthy foods such as, fruits, vegetables, meats (poultry, beef, and turkey), milk, organic eggs, cereal, oatmeal, etc. When I was done with my list of healthy foods, and I calculated my groceries for the week my total was \$242.21. I went over the budget by \$79.21 and there I had to decide what items I had to remove from my list. I began to eliminate some of the healthy foods from the list, for example, the whole chicken, seedless grapes, pineapple, yams, and broccoli. When I subtracted the food that I removed, my balance was \$173.27, which meant I was still over the budget of how much I could spend.

Once again, I had to go back to the list and take out more items from the list. I removed the cereal, spaghetti pasta, spaghetti sauce, and Oreo cookies. My total was now \$161.79, and I was left with \$0.71 cents. This was difficult because most of the items that I removed I needed for to last the week and by removing the food that was left on the list for me to purchase was not going to last the entire week for a family of four. This is what many single-parents and families go through when they must decide what certain foods that can and cannot get. I've seen it happen a couple of times to many individuals while at the grocery store. I've been through it myself in

the past and it felt embarrassing in the moment, but sometimes it must be done. And again, this is what many people and families go through all the time in many areas.