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Social Welfare Policy & Services SWK 555/SWK 355

Activity Journal #9

Alliance University

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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.

Weekly Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast: <i>Oatmeal</i>	Breakfast: <i>Cold</i>	Breakfast: <i>Oatmeal</i>	Breakfast: <i>Cold Cereal</i>	Breakfast: <i>Oatmeal</i>	Breakfast: <i>Cold</i>	Breakfast: <i>Cold or</i>
Lunch: <i>Hot Dogs</i>	Lunch: <i>Cereal</i>	Lunch: <i>Tuna</i>	Lunch: <i>Peanut</i>	Lunch: <i>Macaroni</i>	Lunch: <i>Cereal</i>	Lunch: <i>Hot</i>
<i>Apples</i>	Lunch: <i>Peanut</i>	<i>Sandwiches</i>	<i>Butter &</i>	<i>& Cheese</i>	Lunch: <i>Hot Dogs,</i>	Lunch: <i>Cereal</i>
Dinner: <i>Chicken,</i>	<i>Butter &</i>	<i>Apples</i>	<i>Jelly</i>	<i>OREO</i>	<i>Fruit Cups</i>	Dinner: <i>Peanut</i>
<i>Rice, &</i>	<i>Jelly</i>	Dinner: <i>Spaghetti</i>	<i>Sandwiches</i>	<i>cookies</i>	Dinner: <i>Friday's</i>	Dinner: <i>Butter &</i>
<i>Broccoli</i>	<i>Sandwiches</i>	<i>Oranges</i>	<i>Apples or</i>	Dinner: <i>Chicken</i>	<i>Leftover's</i>	Dinner: <i>Jelly,</i>
	<i>Oranges</i>	<i>& Sausages</i>	<i>Oranges</i>	<i>Tenders,</i>		Dinner: <i>OREO</i>
	Dinner: <i>Monday's</i>		Dinner: <i>Wednesday's</i>	<i>Rice &</i>		Dinner: <i>Whatever</i>
	<i>Leftovers</i>		<i>s leftovers</i>	<i>kidney</i>		<i>we can</i>
				<i>Beans</i>		<i>scrap for</i>

						<i>the week</i>
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Food Items

Lacktaid Whole Milk 100% Lactose Free, 96 oz. Jug	\$6.49
2 Dozen Egg Land Best	\$9.49
Nature's Promise Organic Chicken, 1.5 lb.	\$7.49
Perdue Simply Smart Organics Breaded Chicken Breast Tenders	\$10.99
Nature's Promise Organic Chicken Sausage, 12 oz. pkg.	\$5.99
Oscar Meyer Classic Beef Franks (4) 15 oz. pkgs.	\$3.50(4)=\$14.00
Tropicana Pure Premium 100%, 52 oz.	\$4.89
Stop & Shop 100% Apple Juice 64 oz.	\$1.99
Carolina Rice, 5lb bag	\$4.99
Barilla Classic Spaghetti, 2 16 oz. boxes	\$2.09(2)=\$4.18
Prego Italian Pasta Sauce Tomoto, 24 oz. jar	\$2.99(2)=\$5.98
Quaker Old-Fashioned Oats, 18 oz. can	\$5.39
General Mills Honey Nut Cheerios, Family Size	\$6.49
Broccoli Crowns, 4 heads	\$2.39(4)=\$5.78
Green Beans, 12 oz. bags	\$3.99(2)=\$7.98
Apples Gala, 3lb. bags	\$4.49
Oranges Navel 4lb. bags	\$4.99
French's Classic Yellow Mustard, 20 oz.	\$2.69

Welch's Jelly, 30 oz.	\$3.59
Skippy Peanut Butter, (2)80 oz. jars	\$11.29
Bumble Bee Tuna	\$1.25(4)=\$5.00
Del Monte Fruit Cups Mandarin, 16 oz. cups	\$3.59
Domino Sugar, 4lb. bag	\$3.99
Nature's Own Bread Honey Wheat, 20 oz.	\$3.99
Wonder Bread White Classic, 20 oz.	\$3.49
Kraft Macaroni & Cheese	\$1.25(3)=\$3.75
OREO Chocolate Sandwich Cookies	\$3.99
Sweet Corn, 10 oz. bag	\$1.99
Goya Red Kidney Beans, 15.5 oz. cans	\$1.59(2)=\$3.18
	Total: \$162.14

I struggled with trying balance the budget that I had. I had to keep going back and revisiting what my initial list looked like, and even then, I still questioned whether I purchased items that I could have done better with. I only had .36 cents remaining. Overall, I think I did good; however, Sunday's meal is going to have to be a hodgepodge of the week's meal. That is unacceptable. This exercise makes me appreciate the people who are living check-in to-check.