

Activity Journal #9

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The word healthy has a different meaning for each of us. What a vegetarians consider health food is typically different from what a carnivore's healthy diet would include. Factors such as medical conditions also play a role in what may or may not be health to an individual during different stages in a person life. For whatever reason a person chooses to live a healthier lifestyle, tastebuds are not the only area that is compromised, so are bank accounts. Research shows us that healthier food options also meant pricier food options.

I currently live in a three-person household. This includes me and my two children. My daughter is a growing teenage and honestly is not interested in healthier options for meals. My son is a toddler that is allergic to dairy and nuts. Over the years I have struggled with my blood pressure, and this has made me super conscious of my sodium intake. Planning a healthy budget with \$162.50 is extremely difficult. Oat milk is my sons preferred milk of choice this runs about \$4.98 a bottle and my son drinks about four containers a month and my daughters uses dairy \$5.69 a gallon. A case of water is \$7.39, due to cost we would limit or meat to chicken leg \$3.98 and chicken breast 10.84. To make meals more versatile I would buy maybe two packages of chicken breast. Cereal frosted flakes family size \$8.79. Basic seasoning, seasoning salt \$3.69, black pepper \$3.09. Garlic and onion powder \$10.09. Spaghetti 2.99, sauce \$3.59, ground turkey \$8.09, bag of apples \$8.09, snacks for school \$17.49, two juices \$8.79, eggs \$5.89, bacon \$14.69, two packs of bread \$1.76, cheese \$5.09.

The grocery list above with no additional items just the necessarily would run me about 140.00 dollars. This about of groceries would last in my house approximately a week and a half, with my implementing strict grocery intake guidelines. \$162.50 would not be consider sufficient funding to feed my family three meals a day for a month.