Social Welfare Policy

Activity Journal # 9

Delon Chester

Grocery list

Fish (whiting) 32oz package $6.99	Chicken Breast 2lbs $10.00	Spaghetti 12oz $3.00
Ground Turkey 48 oz $11.50	2 Bags of Quinoa Rice $10.00	Tomato sauce 32oz $5.00
Broccoli 48 oz $6.00	Strawberries 16oz $3.99	
Grapes 2 lbs $5.00	1 bag of Organic Oranges 4lbs $7.00	
1 bag of Organic Apples 48oz $7.00	1 bag of Carrots 32oz $2.00	
Cucumbers (5) $5.00		
Container of Salad 5 oz $3.00	1 box of Oatmeal 18 oz $5.00	
Cold Cuts (Turkey) 9oz $4.50	Pepper Jack Cheese $7.6oz $4.50	
Shredded Cheese 2 packs $2.50	Tortillas $3.00	
Loaf of bread 24 oz $4.00	Almond Milk 1gal $8.00	
Apple juice 64 oz $3.00	Brown Eggs 1 carton $7.00	
Kashi Cereal 10 oz $8.00	1 bag of tortilla chips 16 oz $4.00	

Monday

Breakfast Bowl of Kashi Go lean cereal w/Almond Milk with a side of orange of juice

Snacks Fruit (Apples)

Lunch Turkey sandwich side of grapes

Dinner Grilled chicken Quinoa and steamed broccoli

Tuesday

Breakfast Bowl of Oatmeal and a cup of ginger tea.

Snack an Orange

Lunch Chicken Breast with Quinoa and salad

Dinner Fish with Quinoa

Wednesday

Breakfast — 4 Eyes with 3 slices of Ezekiel Bread.

Snacks: Grapes

Lunch: Turkey with Pepper Jack Cheese

Dinner: Spaghetti with ground turkey and tomato sauce

Thursday

Breakfast: Bowl of cereal and an apple

Snacks: Berries

Lunch: Grilled cheese sandwich

Dinner: Steamed Fish and veggies with brown rice

Friday

Breakfast: # Brown Eggs with 2 slices of Ezekiel Bread, berries and a glass of juice

Snacks: Cucumbers and Strawberries

Lunch Chicken Breast with Quinoa and Cucumbers

Dinner: Fruit Salad (Grapes and Strawberries)

In total I spent $135.00. I got some groceries from a local health food store close to my house on Merrick Avenue in Queens, NY and the rest I picked up at Stop and Shop not too far from my house. I think although the money is small, if managed well with the understanding that we as human beings eat to live and not live to eat a lot of money and food can be saved.