

Activity Journal 9 (Jenna Lee)

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.

I proposed this menu and budget based on Stop & Shop grocery prices.

Total Cost: \$161.2

Breakfast: \$28.08+2.46 (tax)=\$30.54

Whole Grain Bread: \$4.89

Horizon Organic Milk: \$5.89

Nellie's Grade A Brown Eggs Extra Large Free Range: \$4.19

Orange juice: \$4.39

Avocado: \$2.99

Bananas: $1.91 \times 3 = \$5.73$

Lunch: \$46.21+4.05(tax)=\$50.26

Chicken wings: \$7.49

Pasta: $4.19 \times 4 = \$16.76$

Kimchi: \$10.99

Cucumber: \$2.99

Carrot: \$3.99

Rice: \$3.99

Snacks: \$17.41+1.53(tax)=\$18.94

Ritz: \$4.99

Apple: \$4.99

Strawberry: \$3.99

Baby carrots: \$3.44

Dinner: $\$56.5 \times 4.96(\text{tax}) = \61.46

Salad: $\$3.99 \times 3 = \11.97

Fried rice: \$5.79

Korean ramyun: \$5.99

Pork: \$8.49

Lettuce: \$4.99

Cauliflower: \$5.99

Salad dressing: \$5.29

Beef: \$7.99

As I had to remove many items from my shopping cart, it took longer than I expected. Because of the limited budget, it was extremely difficult to plan healthy menus for breakfast, lunch, snack, and dinner. With this budget, I could imagine a family of 4. Making a balanced healthy diet will be very difficult for them.