**Shopping on a Budget Scenarios**

Scenario #1

Mona Grey retired from her job one year ago after many years. She receives her monthly pension, of $670 a month, plus her Social Security check of $840, for a total monthly income of $1510.00. After rent, electric/water/phone bills, and medical payments, she has $50 a week to spend on groceries for breakfast, lunch and dinner. What groceries can Mona purchase and not be hungry?

Scenario #2

Leo Powell is a single man who lives in a boarding house, he receives General

Assistance which pays his rent and receives $187 in MI Fresh Benefits (food stamps). He has about $46 per week to spend on meals for himself. What can Leo purchase at the grocery store to feed him breakfast, lunch, dinner and a snack under his daily budget?

Scenario #3

Lauren and Alex Ruiz have three children, ages 4, 6, and 10. One and a half years ago,

Alex was injured and has not been able to work, and receives disability. And Lauren works full time. To supplement the single income, the family has used mostly all of their savings. After bills, the family has $560 a month to feed the whole family. Though that seems like a lot, the family only has $140 a week to spend on food for the 5 people in the Ruiz family. What can the Ruiz family buy?

Scenario #4

Bill Moder is a disabled veteran, who receives a military pension. Due to his disability Bill cannot drive, and lives in an area that is not easily accessible to the larger grocery stores. After his monthly expenses Bill is left with $300 a month to purchase food for himself. He can only carry about two bags of food at a time. Therefore he needs to buy food once or twice a week. What can Bill buy?

Scenario #5

Selena Macias is a single mother of 2 children, ages 3 and 1years old. She is a MI Works participant and attends job training classes, while her children are in a subsidized child care program. She receives $562 in MI-Fresh benefits, but must provide breakfast and lunch for her kids at her children’s daycare in addition to dinner at home. What can Selena buy?

Scenario #6

Maylin Nguyen is a student who works part-time and attends school full-time. She lives in a boarding house and prepares her own meals separately from her roommates. She has a small refrigerator and a microwave oven she primarily uses to prepare her meals. Her budget to buy food is about $200 a month depending on her expenses. What can you buy for Maylin to eat for breakfast, lunch and dinner meals?

* Complete the scenario information including the budget for food per day for each scenario assigned.
* Create 2 full day menus (for breakfast, lunch, dinner – and snack) that includes a variety over the course of the 2 days for the person/ family in the scenario.

**Scenario \_\_\_\_\_\_\_: # of adults\_\_\_\_\_\_ # of kids \_\_\_\_\_\_**

**Day \_\_\_\_\_\_\_\_ budget for the week \_\_\_\_\_\_ budget per day \_\_\_\_\_\_\_\_**

**Breakfast:**

|  |  |  |  |
| --- | --- | --- | --- |
| Adult Meal Choices | Cost per serving | # servings purchased | Total |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Kid Meal Choices | Cost per serving | # servings purchased | Total |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Lunch:**

|  |  |  |  |
| --- | --- | --- | --- |
| Adult Meal Choices | Cost per serving | # servings purchased | Total |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Kid Meal Choices | Cost per serving | # servings purchased | Total |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Snack:**

|  |  |  |  |
| --- | --- | --- | --- |
| Adult Snack Choices | Cost per serving | # servings purchased | Total |
|  |  |  |  |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Kid Snack Choices | Cost per serving | # servings purchased | Total |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Dinner:**

|  |  |  |  |
| --- | --- | --- | --- |
| Adult Meal Choices | Cost per serving | # servings purchased | Total |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Kid Meal Choices | Cost per serving | # servings purchased | Total |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |























