

Name: _____

Economic Skills

Date: _____

Unit 2 - Independent Living
Grocery Shopping

Step 1: Make a list of the ingredients (food) you will need to fix the meals you have planned (recipes on the following pages).

Step 2: Cross off those foods you already have at home (see list).

**Step 3: Shop for any foods you don't already have.
Look online for prices for groceries; for example:
Food City (be sure it's the Maine Food City)
Hannaford
Shaws
Walmart**

Step 4: Keep track of how much you spent. Write the item you bought and the price and then total the amount at the bottom (sheet provided).

What's in the Kitchen?

