Novice Chef 10
Meal Planning & Budgeting

Learning Outcomes

- I can understand and describe healthy eating patterns
- I can create food budgets

For this assignment, you will be asked to plan a week of healthy meals for your family, keeping in mind specific budgetary and healthful criteria. Your food budget will be $35 per person in your household. Find a partner to work with who has the same number of household members.

Planning the meals well will help you to stretch this budget as far as possible. Consider leftovers and extending proteins.

There are plenty of websites and blogs that provide tips for how to stretch your grocery dollars. Here are some great places to get started:

7 Of the Best Food Blogs for Eating On A Budget
12 Budget Food Bloggers to Follow Right Now

Pinterest

Here are some templates you can use for meal planning:

Weekly Planning Template PDF

Excel Version

Superstore tends to have the lowest prices on many groceries. You can use the Click and Collect website to price out your grocery items. Be sure to consider the unit price (price of item divided by the volume or weight) when selecting items. Use some of the tips we have discussed in class about maximizing value such as using store brands, etc.

Assume the home already is stocked with pantry staples such as flour, sugar, oil, etc. See me for questions about what would be included.

Create a grocery list (or print your Click and Collect cart) for the week, including the total costs.
<table>
<thead>
<tr>
<th>Constructive Feedback Areas to Stretch &amp; Develop</th>
<th>Criteria Standards for this Performance</th>
<th>Advanced Evidence of Exceeding Standards</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Plan meets basic requirements / guidelines of Canada Food Guide (servings, recommendations, etc)</td>
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<tr>
<td></td>
<td>Plan meets budgetary requirements ($35 per household member for the week)</td>
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<tr>
<td></td>
<td>Provides weekly grocery list (excluding staples such as flour, sugar, oil, etc)</td>
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