

# Activity 1

## Shopping for Food

### Market Day Strategies

**Purpose:** To review the organization of a supermarket and to identify key concepts about comparison shopping and other money-saving techniques.

**Part I. Directions:** Write the name of each food item on the shopping list chart below next to the supermarket department in which it can be found.

#### Shopping List

- |                                 |                        |
|---------------------------------|------------------------|
| ✓ 1lb. bag of apples            | ✓ 1 qt. milk           |
| ✓ 1 lb. fresh salmon            | ✓ jar of peanut butter |
| ✓ 1 pt. frozen yogurt           | ✓ 1 lb. ground beef    |
| ✓ can of tomato juice           | ✓ 3 medium tomatoes    |
| ✓ dozen eggs                    | ✓ box of dried pasta   |
| ✓ dozen freshly baked doughnuts |                        |

Supermarket Department	Shopping List
Shelves for shelf-stable foods	
Produce department	
Meat, poultry, fish department	
Refrigerated department	
Freezer department	
Bakery	

**Part II. Directions:** Listed below are prices for the same item in different forms. Determine which item is more economical by finding and comparing unit prices. Use a separate sheet of paper for your calculations and attach it to this activity sheet. Round the prices to the nearest whole cent, as shown in the example below. Then circle the lower price for each item.

**Example:** 6 for \$2.00

- Divide \$2.00 by 6. This equals: \$0.33333...
  - Round to the nearest cent to get: \$0.33, or 33 cents
- |                                      |    |                                   |
|--------------------------------------|----|-----------------------------------|
| A. 1-lb. jar of peanuts for \$1.79   | OR | \$3.29 for a 32-oz. jar           |
| B. 12 oz. of raisins for \$2.29      | OR | 1 lb. of raisins for \$2.79       |
| C. 1 bag of 25 oranges for \$5.00    | OR | 6 oranges for \$1.00              |
| D. 48-oz. bottle of juice for \$2.79 | OR | 64-oz. bottle of juice for \$2.89 |

# Activity 2

## Shopping for Food

### What Store Should I Visit?

**Purpose:** Compare the different types of food stores.

**Directions:** For each description below, determine what kind of store it describes. Write your answer in the space provided to the left of each description.

- \_\_\_\_\_ 1. Large-scale shopping.
- \_\_\_\_\_ 2. Huge stores that combine a supermarket with other types of shops, such as a pharmacy, hair salon, or vision center.
- \_\_\_\_\_ 3. No-frills approach to shopping. Prices are low because the store spends less on labor, decoration, and customer services.
- \_\_\_\_\_ 4. Stores that carry only natural foods that have been minimally processed and contain no artificial ingredients or added color.
- \_\_\_\_\_ 5. Require an annual membership fee. Members can buy for low prices but only in extra-large quantities.
- \_\_\_\_\_ 6. May be as large as supermarkets, but owned by individuals, so prices may be higher than chain stores.
- \_\_\_\_\_ 7. These small, independent stores limit their stock to a specific type of food. They are noted for high-quality, fresh food and unusual items.
- \_\_\_\_\_ 8. A food distribution business mutually owned and operated by its members.
- \_\_\_\_\_ 9. These include service station food marts and drugstores. They are quick and easy to use.
- \_\_\_\_\_ 10. Where growers sell their produce during the growing season. Locally grown fruits and vegetables are often fresher and less expensive than those in supermarkets.

**Activity 3****Shopping for Food**

## Surviving the Supermarket

**Purpose:** To describe how to buy quality food and save money when shopping.

**Directions:** Respond to the questions below that will help you learn your way around the supermarket. Write your answers in the space provided.

1. Successful shopping means that you get what?

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2. When is the best time to shop for food?

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3. When packages are dirty, rusty, leaking, or otherwise damaged, what should you do and why?

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4. If you are buying frozen food, what should you avoid? Why?

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5. For what sort of price do you want to be looking?

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6. What does the sell-by date tell you?

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7. When is cost per serving a better guide to food costs than unit cost?

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8. What are the two kinds of coupons?

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9. If a store accepts cash, checks, automated banking cards, or credit cards, which should you avoid to maintain your food budget?

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10. If a charge on your receipt seems incorrect, what should you do?

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