

Personal Finance Shopping Assignment

Make a one-week “menu” for two or three meals a day, whichever fits your pattern. Add snacks, if you plan to eat between meals. One way to accomplish this might to be just writing down everything you eat for one week.

Go to the store and identify the following in a table, for each item you need to buy to eat for a week. If you need to buy more than one, multiply just the price by how many you need to buy:

Item Name	Size	Price	Unit Price	First ingredient	Total Fat Content	Calories
tomato sauce	12 Oz	1.69	.14/oz	water	0.6g	105

At the end of your table, total the Price column. Hopefully your food tastes are affordable! Turn in the table.