

Life Skills: Grocery List

Ask an adult in your house if you can help plan for grocery shopping for your family. If possible go shopping with the person or look at the receipt from the store afterwards. Answer the questions below:

1. Who normally decides what food your family needs and does the shopping?
2. Does your family have a regular place or places they go to buy groceries? Which store or stores?
3. Does your family have a budget for how much they spend on food? How much is it and how many people are in your home?
4. Does the person who buys groceries for your family look at advertisements or coupons when they plan their shopping? What do they look at or use?
5. How often does someone in your family go to the store for groceries?
6. Do they usually have a list or plan or do they just get what they think they need?
7. Does the person shopping ever buy things they didn't plan ahead to buy? Why or why not?