

6-1 Grocery Shopping Project: Individual Person

Alex, a college student living alone, wants to improve his eating habits and manage his grocery budget better. He's heard about the 6 to 1 grocery shopping method and is interested in trying it out. Alex has a weekly grocery budget of \$75. Using the 6 to 1 method, plan his grocery list, write down selections and prices and provide totals along the way, and then create a 5 day menu to ensure balanced, nutritious meals using selected foods.

Instructions: Use the scenario provided to fill in the worksheet below. Track your grocery list, categorize the items, and create a weekly menu. Make sure to stay within the \$75 budget.

Part 1: Grocery List and Budget

Vegetables (6):

_____	Cost: \$_____
_____	Cost: \$_____
_____	Cost: \$_____
_____	Cost: \$_____
_____	Cost: \$_____
_____	Cost: \$_____
Total Cost for Vegetables: \$_____	

Fruits (5):

_____	Cost: \$_____
_____	Cost: \$_____
_____	Cost: \$_____
_____	Cost: \$_____
_____	Cost: \$_____
Total Cost for Fruits: \$_____	

Proteins (4):

----- Cost: \$____
----- Cost: \$____
----- Cost: \$____
----- Cost: \$____
Total Cost for Proteins: \$____

Starches (3):

----- Cost: \$____
----- Cost: \$____
----- Cost: \$____
Total Cost for Starches: \$____

Sauces/Spreads (2):

----- Cost: \$____
----- Cost: \$____
Total Cost for Sauces/Spreads: \$____

Treat (1):

----- Cost: \$____
Total Cost for Treat: \$____

Total Grocery Cost: \$____

Part 2: Weekly Menu

Day 1:

Breakfast: -----
Lunch: -----
Dinner: -----
Snack: -----
Treat: -----

Day 2:

Breakfast: _____

Lunch: _____

Dinner: _____

Snack: _____

Treat: _____

Day 3:

Breakfast: _____

Lunch: _____

Dinner: _____

Snack: _____

Treat: _____

Day 4:

Breakfast: _____

Lunch: _____

Dinner: _____

Snack: _____

Treat: _____

Day 5:

Breakfast: _____

Lunch: _____

Dinner: _____

Snack: _____

Treat: _____

Part 3: Reflection

1. How did the 6 to 1 method help you plan your grocery shopping and meals?
2. Were you able to stay within the \$75 budget? What strategies did you use to manage costs?
3. How did you ensure nutritional balance in your weekly menu?
4. What challenges did you face, and how did you overcome them?