



Activity #6

***Appropriate for 5th grade and above- can be adapted for younger audiences.**

How Access Defines What We Eat

Description: Students will “shop” for food from three different types of food stores with three different food budgets. They will then discuss how the different grocery stores and budget scenarios impact their access to nutritious food.

Objectives:

- To illustrate that many people do not have access to affordable, nutritious groceries in the United States
- To explore the benefits and limitations of [SNAP](#) (formerly Food Stamps)

Time: 20-30 minutes

Materials:

- 3 different food store price lists:
 - 1) Large grocery store (such as Kroger, Publix, Ingles, etc.)
 - 2) Corner store or gas station grocery (QT, 7-Eleven, etc.)
 - 3) [WIC](#)-Only voucher store (often with names like *Baby Xpress and Mommy and Me*, etc.)
- Menu Planning Sheets
- Pencils/Pens
- Calculators (optional)
- USDA's www.ChooseMyPlate.gov

Activity Directions:

- Have the class work in small groups of two or three.
- Give each group one of the grocery price lists. (Be sure that all three different price lists are represented.)
- Tell each group to use their price list, menu page, and the [MyPlate](#) guide to create the most nutritious meals possible (breakfast, lunch, dinner and a snack) for one person for one day.
- Then have teams, representing each grocery price list, share their menus.
- Now, give each team a budget for the daily menus they have created. At the top of each menu page, write one of the following **daily budgets**: \$1.00 (a *minimum* daily SNAP (food stamp) allotment for an individual- the actual minimum allotment is closer to 50 cents), *\$4.75 (the *average* daily SNAP allotment for an individual, 2011) or \$7.14 (the *maximum* monthly SNAP allotment for an individual). **The maximum monthly SNAP allotment for an individual is \$200, the average monthly allotment for an individual is about \$133, and the minimum monthly allotment is about \$16.*
- Have students see if they can still afford the nutritious menus they created prior to the budget restrictions.

Discussion Questions

- What differences did you notice in the price lists?
- How much money did you initially spend? How did your menu change after you were given the new budget?
- How easy or difficult was it to purchase nutritious food with your given store and budget? If it was difficult, what would have made it easier?
- Were there foods you wanted that you could not afford, or could not find on the grocery store price list you were given?
- What can we do as citizens to increase access to nutritious foods to all Americans? For example:
 - Create community gardens and increase access to farmer's markets
 - Encourage major grocery stores to build stores in lower-income neighborhoods

- How do the nutrition programs we explored in Module #2 help increase people's access to nutritious foods? How does the store that a family has access to impact the purchasing power of SNAP (food stamps)?
- Think about the stores in your community. Do you have a variety of food choices?
- This activity illuminates how even people on SNAP (food stamps) may need to access supplemental food from community organizations like church pantries, community kitchens, food banks, etc. Additionally, it's important to note that many people who cannot afford proper nutrition earn too much to be eligible for SNAP (food stamps).

WIC-Only Voucher Store Price List

Please Note That Items
Are Priced Per Serving!

Good Luck!

GRAINS	PRICE
Wheat bread/slice	10 cents
White bread/slice	07 cents
Biscuit	28 cents
Buns	24 cents
Cheerios	75 cents
Grits	21 cents
Oatmeal	25 cents
Breakfast bars	31 cents
Pancake mix	25 cents
Brown rice	44 cents
White rice	44 cents
Elbow pasta	43 cents
Spaghetti	43 cents
FRUITS	
Apple	50 cents
Banana	50 cents
Orange	50 cents
Jelly	19 cents
Apple juice	88 cents
VEGETABLES	
Broccoli	64 cents
Frozen vegetables	46 cents
Tomato sauce	21 cents
Canned beans	40 cents
Peas	11 cents
PROTEIN & DAIRY	
Infant dry formula	17 cents
Infant fruit	\$1.50
Tuna	\$2.00
Canned salmon	57 cents
Sliced sandwich meat	25 cents
Peanut butter	21 cents
Sausage biscuit	99 cents
Eggs	33 cents
Milk	57 cents
Cheddar cheese slices	33 cents
SWEETS	
Boxed cakes	13 cents

Big Grocery Store Price List

Please Note That Items Are Priced Per Serving!

Good Luck!

GRAINS	PRICE	VEGETABLES	PRICE
Wheat bread/slice	07 cents	Broccoli	50 cents
White bread/slice	05 cents	Green beans	13 cents
Crackers	11 cents	Spinach	50 cents
Biscuit	17 cents	Carrots	12 cents
Muffins	15 cents	Corn	50 cents
Buns	14 cents	Zucchini	50 cents
Cheerios	29 cents	Mushrooms	75 cents
Cream of wheat	17 cents	Sweet potatoes	99 cents
Grits	21 cents	White potatoes	19 cents
Oatmeal	15 cents	Collard greens	60 cents
Corn bread mix	11 cents	Frozen vegetables	36 cents
Breakfast bars	33 cents	Tomato sauce	11 cents
Pancake mix	15 cents		
Brown rice	11 cents	PROTEINS & DAIRY	
White rice	11 cents	Peanut butter	19 cents
Elbow pasta	13 cents	Ground meat (beef)	88 cents
Spaghetti	13 cents	Ground meat (turkey)	99 cents
		Chicken (wings)	\$1.35
FRUITS		Chicken (drumsticks)	\$1.20
Apple	32 cents	Chicken (breast)	\$2.60
Banana	12 cents	Tilapia (fish)	\$1.20
Orange	50 cents	Bacon	36 cents
Grapefruit	79 cents	Eggs	12 cents
Mango	\$1.00	Beans	11 cents
Peach	60 cents	Sliced sandwich meat	78 cents
Plum	25 cents	Infant formula	\$1.49
Raisins	25 cents	Milk	22 cents
Tomato	29 cents	American cheese slices	21 cents
Apple juice	41 cents	Yogurt	30 cents
Orange juice	27 cents	Chocolate pudding	25 cents
Jelly	24 cents		

Corner Store

OR

Gas Station Shop

Price List

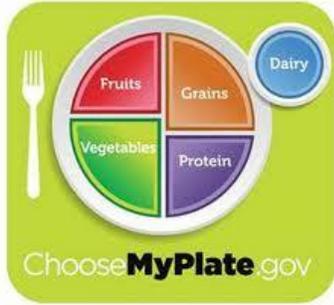
Please Note That Items Are
Priced Per Serving!

Good Luck!

GRAINS	PRICE
Wheat bread/slice	15 cents
White bread/slice	12 cents
Biscuit	27 cents
Muffins	25 cents
Buns	34 cents
Cheerios	39 cents
Cream of wheat	27 cents
Grits	31 cents
Oatmeal	25 cents
Breakfast bars	43 cents
Pancake mix	21 cents
White rice	21 cents
Elbow pasta	43 cents
Spaghetti	43 cents
FRUITS	
Apple	50 cents
Banana	89 cents
Orange	50 cents
Apple juice	41 cents
Orange juice	47 cents
Jelly	34 cents
VEGETABLES	
Tomato sauce	21 cents
Canned vegetable medley	28 cents
Canned baked beans	50 cents
PROTEIN & DAIRY	
Peanut butter	21 cents
Sausage biscuit	99 cents
Eggs	32 cents
Prepared sandwich	\$1.99
Milk	42 cents
American cheese slices	31 cents

Daily Food Budget: _____

Use MyPyramid to guide your food choices, and place your choices and each item's cost per serving under the appropriate column.



BREAKFAST

Grains _____ Cost _____

Veggies _____ Cost _____

Fruits _____ Cost _____

Oils _____ Cost _____

Dairy _____ Cost _____

Meats/Beans _____ Cost _____

DINNER

Grains _____ Cost _____

Veggies _____ Cost _____

Fruits _____ Cost _____

Oils _____ Cost _____

Dairy _____ Cost _____

Meats/Beans _____ Cost _____

TOTAL COST: _____

LUNCH

Grains _____ Cost _____

Veggies _____ Cost _____

Fruit _____ Cost _____

Oils _____ Cost _____

Dairy _____ Cost _____

Meats/Beans _____ Cost _____

SNACK

Grains _____ Cost _____

Veggies _____ Cost _____

Fruit _____ Cost _____

Oils _____ Cost _____

Dairy _____ Cost _____

Meats/Beans _____ Cost _____