How much do you spend on food now?

## INSTRUCTIONS

For one week:

1. Have everyone in the family save receipts for all their food purchases. Include food from grocery stores, convenience stores, gas stations, school or work cafeterias, vending machines, restaurants, coffee shops, the movies, and anywhere else your family buys food.
2. Have everyone write their names on their receipts and put them in one place at the end of each day. If a receipt was lost or not provided, make a note of the purchase and how much it cost.
3. At the end of the week, sort each day's receipts into two categories: food your family bought to prepare at home and prepared food your family bought at restaurants, convenience stores, and other places.
4. Add up how much you spent on each category of food each day of the week.
5. Fill in the chart at right.

## QUESTIONS TO ANSWER

How much did your family spend on food to prepare at home?

How much did you spend on food away from home?

Are there any places where you could easily cut back on food costs? Please list them.

WEEK OF $\qquad$

| Date | Amount spent on food to prepare at home |
| :---: | :--- |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| Week's total: |  |


| Date | Amount spent on prepared food at <br> restaurants, convenience stores, and other <br> places. |
| :---: | :--- |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| Week's total: |  |

