

Parent Letter Food Budget

Dear Parents/Caregivers,

This week, we have been discussing the issue of hunger in our community. We discussed the difference between a need and a want, as well as scarcity. Help your child create a list of food items to feed your family for one week, assuming you will be having three healthy meals a day with optional snacks in between. The list should not include unhealthy foods. Your child may take the challenge of sticking to the budget of \$100 for one week. Please turn in your grocery list no later than Monday.

Thank you!

Grocery List (\$100 budget)

