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April 2021

Student Pages - Shopping List Handout - Where Can I Get Food in My Neighborhood?

Center for Urban Resilience

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Name: _____ Date: _____ Class/Period: _____

Lesson 6.2: Where can I get food in my neighborhood?

Shopping List

Protein

Item	Price	Servings	Cost
Sliced Turkey Breast	\$6.99 / pound	4-5	
Sliced Ham	\$8.49/ pound	4-5	
Sliced Bologna	\$3.99/ pound	4-5	
Sliced Roast Beef	\$9.99/ pound	4-5	
Hot Dog (8/package)	\$3.99/ package	8	
Bacon	\$4.99/ pound	6	
Hamburger	\$4.29/ pound	4	
Top Round Steak	\$4.99 /pound	4	
Porterhouse Steak	\$9.99/ pound	4	
Chicken Breast	\$3.99/ pound	4	
Chicken Nuggets	\$3.99/ pound	4-5	
Canned Tuna	\$1.50/ can	2	
Fresh Cod Fish	\$6.99/ pound	4	
Fresh Salmon	\$6.99/ pound	4	
Alaskan King Crab	\$15.99/ pound	4	
Shrimp	\$7.99/ pound	4	
Eggs	\$3.29/ dozen	12	
Sliced Cheese	\$4.49/ pound	8	
Yogurt	\$0.75/ 6 oz.	1	

Fruits and Vegetables

Item	Price	Servings	Cost
Apples	\$1.49/pound	3	
Oranges	\$1.29/pound	3	
Cantaloupe	\$2.99/ each	5	
Strawberries	\$2.99/pint	4	
Tomato	\$2.79/pound	4	
Banana	\$0.59/pound	5	
Green Pepper	\$1.89/pound	4	
Broccoli	\$1.99/pound	4	
Lettuce	\$1.49/ bunch	5	
Asparagus	\$2.99/pound	4	
Green Beans	\$1.79/pound	4	
Potatoes	\$0.60/pound	4	
Carrots	\$1.50/pound	5	
Frozen Corn, Peas, Green Beans	\$1.67/pound	4	
	\$		

Grains

Item	Price	Servings	Cost
Breakfast Cereal	\$3.39/ box	16	
Instant Oatmeal	\$2.19/ package	10	
Spaghetti	\$1.33/ pound	8	
Pop Tart	\$2.19/package	8	
Rice	\$1.30/ pound	10	
Ramen Noodles	\$0.25/package	2	
Macaroni and Cheese	\$1.30/package	4	
Flour	\$0.60/pound	Depends on how it is used	
Sliced Bread	\$2.00/20 slices	20	

Beverages

Item	Price	Servings	Cost
Milk	\$2.29/half gallon	8	
Organic Milk	\$4.19/half gallon	8	
Coca Cola	\$1.59/half gallon	8	
Gatorade	\$2.50/half gallon	8	
Orange Juice	\$3.79/half gallon	8	
Grapefruit Juice	\$3.99/half gallon	8	
Apple juice	\$2.79/half gallon	8	
Artificially Flavored Pink Lemonade	\$0.50/half gallon	8	

Other

Item	Price	Servings	Cost
Butter	\$4.69/pound	48	
Margarine	\$1.69/pound	48	
Oil	\$4.49/48 oz.	48	
Salad dressing	\$2.50/16 oz.	16	
Mayonnaise	\$3.59/24 oz.	48	
Sugar	2.14/5 pounds	567	
Canned Soup	\$1.30/can	2	
Tomato Sauce	\$1.00/pound	4	
Large Frozen Pizza	\$5.49/package	8	
Hot Pockets	\$2.50/package	2	
Frozen Meals (Smart Ones, Weight watchers, etc)	\$3.50/each	1	

Prepared Food/Fast Food: Add other fast food items that you are familiar with.

Business	Item	Price	
McDonald's	Double Cheese Burger	\$0.99	
Wendy's	Small Chili	\$1.29	
Wendy's	Mandarin Chicken Salad	\$4.99	