**Navigating the Grocery Store**

**Step 1.** Find a recipe in a cookbook or online that sounds appealing. It should be something that you feel that you would be able to make without too much difficulty. Your recipe should have at least five ingredients but not more than 10. Do not count water or salt and pepper in your ingredient list.

**Step 2.** Make a grocery list in the chart below. Be sure to include how much of every ingredient you need in the “Amount needed” column. Before going to the store, the first two columns should be completed.

**Step 3.** As a class, you will visit a grocery store and shop for your items.

**Step 4.** While at the grocery store, complete the “Cost of item” column in the chart below by locating the least expensive items available to make the recipe you selected. (Make sure you look at the different brands to comparison shop. Sometimes the least expensive will be the store (generic) brand. Other times it may be the brand that comes in the smallest container that fits your needs. Sometimes it might be an item that is on sale.)

**Recipe name:**

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| --- | --- | --- |
| **Item** | **Amount needed** | **Cost of item** |
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| Total cost | |  |

**Post Field Trip Reflection**

1. Did the cost of any item(s) surprise you? If so, which item(s)?
2. Which items were the least expensive? Generic? Small containers? Sale items?
3. Would you always buy the least expensive item? What other factors might you take into consideration?
4. If you were to double this recipe (i.e., make it twice), how do you think it would affect the cost?
5. You may have leftovers of some of your ingredients after you make the recipe. What could you do with the leftover ingredients?
6. Would you consider your recipe healthy? Why or why not?

1. How much do you think this meal would cost if you purchased it in a restaurant?
2. How confident do you feel that you will be able to grocery shop for recipe ingredients after you leave Job Corps?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very confident | Somewhat confident | Neutral | Not very confident | Not confident at all |