

ACTIVITY: Grocery Store



What you will need:

- Grocery store flyers (online/paper circulars)
- Paper or templates on pages 3-4
- Calculator



What to do:

- Using your supermarket flyers, you will create different shopping lists
- Go through the flyers and find items you would like to purchase.
TIP: Look up your favourite recipe to find as many ingredients as you can in the flyers! For inspiration on possible recipes, [click here](#).
- Write down the following information (see table on next page for example):
 - Product's name
 - Unit price (how much does the item cost)
 - Number of product purchased (how many you will buy)
 - Total cost of the product (Unit price X number of product purchased)
 - Total spent
- Follow the suggestions provided below, as needed:

LIFE SKILL #1

Making lists helps keep you organized! You can use a sheet of paper or a Notes APP on your smart phone to remember what you need when you go shopping.

LIFE SKILL #2

Try making a recipe for a snack or meal you love! For ideas [click here](#). Follow the pictures and step-by-step breakdown. Ask a parent/guardian for help if needed.

LIFE SKILL #3

You can use a calculator to add up your items. Count your money and calculate to make sure you have enough. Try BONUS activity to practice!

PROBLEM SOLVING #1

If you can't find a food you are looking for, look in a different store flyer or on the store's website. If that doesn't work, ask your parent or a friend for help.

PROBLEM SOLVING #2

Following a budget is important! Shop around in the flyers to make sure you found the lowest price. You can calculate how much money you would save when you shop around.

PROBLEM SOLVING #3

If you are shopping for a particular recipe, look to see what you already have in your kitchen. That will save you both time and money. Have fun!



What learning is happening:

- Mathematical concepts: addition and multiplication
- Problem solving
- Following multi-step instructions
- Developing independence and important life skills

Example of Shopping List #1

Product name	Unit cost	Number of products purchased	Total cost of product (Unit cost X number)
Yogurt	\$2.50	2	\$5.00 (2.50 x 2)
Milk	\$3.99	1	\$3.99 (3.99 x 1)
Cheese	5.00	2	\$10.00 (5.00 X 2)
Total cost of purchases			\$18.99 (5.00 + 3.99 + 10.00)

ACTIVITY 1: Prepare a shopping list that contains the products you need

Product name	Unit cost (how much for 1)	Number of products purchased	Total cost of product (Unit cost X number)
Total cost of purchases			

BONUS ACTIVITY: Prepare a shopping list that totals between \$100 and \$105.

- Using the same products as Activity 1, or selecting new products, create a shopping list that the total amount will be between \$100-\$105.

Product name	Unit cost (how much for 1)	Number of products purchased	Total cost of product (Unit cost X number)
Total cost of purchases (Total between \$100-\$105)			