

# LOCAL HUNGER

## SECONDARY LEVEL

### Grocery Budget Activity

- **Purpose:** the purpose of this activity is for students to gain an understanding around the cost of the food they eat and what constitutes a healthy diet. With this knowledge they will begin to understand that there are many reasons why people experience hunger.
- **Instructional method(s):** class discussion, group work.
- **Differentiated Instruction:**
  - Students will create a grocery list for themselves over the course of a week instead of a family of four.
- **Estimated time:** 30 minutes
- **Steps:**
  1. Collect fliers from your local grocery store.
  2. Divide students into groups of four and distribute chart paper and grocery store fliers to each group.
  3. Explain to students that each group will become a family unit of four. As a group, they must determine the nutritional needs of their family based on the age and size of each member (e.g.: adults eat more than children do, etc.).
  4. Students must flip through the grocery store fliers and create a grocery list of the food they will need to buy in order to feed their family of four for one week. On their chart paper, ask them to record the type of food, as well as the quantity and price. When this is complete, ask the students to calculate the total cost of their groceries.

*Teacher Note: It is important to make sure students have estimated within a reasonable price range. By North American standards, the average family of four spends \$500 on groceries per month; therefore, this is about \$100-\$150 per week. If there is a large discrepancy between students' answers and these statistics, ask them to review their work and determine where they can make changes.*

5. Ask each group to present their grocery list to the class and lead a discussion around this activity by asking the following suggested questions:
  - Were you surprised by the total price of your weekly groceries?
  - Is there anything you can cut out of your grocery list to make it more affordable?
  - Were some foods more expensive than others? If so, which ones?
  - How does a family afford their food?
6. Move the discussion onto reasons why families might not be able to afford this food, by asking:
  - What other expenses does a family need to think about aside from food? How can this impact their choices? (i.e.: rent, transportation, bills, etc.)
  - What are some reasons that could cause this family to be unable to afford their weekly groceries?

*Teacher note: As you conduct this discussion, keep in mind that some root causes of hunger include: deep and persistent poverty caused by a shortage of full-time jobs with stable living wages; lack of affordable social housing; lack of affordable and accessible child care, etc.*



7. Debrief students' feelings, by asking:
  - Have you learned anything new about hunger in your community?
  - Did anything upset you?

*Teacher Note: At this time, it is important to keep in mind that some students and/or their family members may themselves have experienced hunger as an ongoing issue, and perhaps visited food banks themselves. Therefore, ask the class to be sensitive and considerate during this discussion*

**Encourage students to take action to end local hunger. Participate in Free The Children's Halloween for Hunger campaign. Learn more at [www.weday.com/takeaction](http://www.weday.com/takeaction).**