

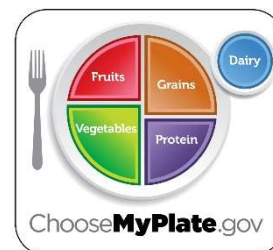
## Thrifty Meal Challenge Worksheet

Planning, shopping, and preparing a meal made up different foods and a variety of nutrients is an important life skill. This challenge encourages you to explore the grocery store and consider ways to select more nutritious foods while sticking to a limited budget. To achieve this challenge, you will create a balanced meal (incorporating all five food groups) for a family of four offering the recommended serving size of each food item.

This meal must include a serving from each of the 5 food groups:

**Fruit, Vegetable, Protein, Grain, and Dairy**

The meal must serve a family of four people and total expenses of grocery store receipt amounts to \$11 or less.



### Resources:

- Information regarding food groups and recommended serving sizes can be found on the USDA's MyPlate website. [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Tips on how to plan meals on a budget can be found on the ISU Extension and Outreach, Spend Smart. Eat Smart. website. <https://spendsmart.extension.iastate.edu/>

## Challenge Report

- Select the Meal type you are planning for:** (Breakfast, Lunch, Dinner)

Explain why you focused on this meal type.

- Describe the food item selected for each food group and the correct portion size:**

Food Group	Food Item	Total Items Purchased	Portion Size (per person)	Cost
<i>Example:</i> Fruit	<i>Apples</i>	2	$\frac{1}{2} C = \frac{1}{2}$ apple	\$0.92
Fruit				
Vegetable				
Protein				
Grain				
Dairy				
<b>Total Cost of Meal</b>				

- How does your selection create a *balanced* meal?**

Explain what a balanced meal is and how your combination of ingredients met that goal.

- Who were you cooking for?** (Age of Youth, Adults, Friends, Family, etc.)

- How does this meal plan appeal to your intended audience?

- b. Did you consider your audience when planning the meal and selecting the ingredients?
- 5. Explain the strategies that you utilized to complete this challenge related to:**
- a. Planning the Meal
  - b. Shopping for Ingredients
  - c. Preparation of the Recipes
- 6. What money saving strategies did you utilize to reach the goal of planning a meal under \$11?**
- 7. If you experienced a challenge achieving this, how did you approach it?**
- 8. How may you use meal planning or these money saving strategies in the future?**

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