



How much do other families spend on groceries?

Everyone's grocery costs will be different, but there are average costs in the U.S.

Here are some USDA Food Plans:
Average Monthly Cost of Food at Home –
October 2009:

Family of 2

(1 adult and 1 preschool child)
Thrifty Plan – \$268.51
Low Cost Plan – \$338.69
Moderate Cost Plan – \$379.70
Liberal Plan – \$526.02

Family of 3

(2 adults and 1 preschool child)
Thrifty Plan – \$431.44
Low Cost Plan – \$548.73
Moderate Cost Plan – \$681.45
Liberal Plan – \$849.03

Family of 4

(2 adults and 2 preschool children)
Thrifty Plan – \$503.80
Low Cost Plan – \$638.70
Moderate Cost Plan – \$790.10
Liberal Plan – \$980.00



Stove Top Popcorn

We love popcorn. And it's good for us – popcorn is a whole grain food.

Pop your own popcorn on top of the stove.

It's quick, easy, tastes better, and cheaper than microwave popcorn

½ cup of popcorn kernels is 10¢
1 packet of microwave popcorn is 30¢
It may not seem like a lot of money
...but it all adds up in the month.

Pop it

- 1 Put 2 tablespoons of vegetable oil in a heavy saucepan with a cover.
- 2 Add enough popcorn kernels to cover the bottom of the pan in a single layer, about ½ cup.
- 3 Put the lid on the pot. Turn the stove to medium high heat. Listen for the first popcorn kernel to pop.
- 4 Start shaking the pan on top of the stove. Continue shaking the pan until the kernels stop popping. Remove the pan from the stove.

Try one of these flavors on your popcorn:

- Small amount of salt
- Finely grated Parmesan cheese
- A spicy seasoning – Cajun seasoning



What can you do?

- Keep track of my monthly grocery bills and find ways to save money.
- Make a Price Book for grocery shopping.
- Pop popcorn on top of the stove.
- Other: _____