



5 DAYS TO SAVE

\$100!!

**OFF YOUR
FOOD BUDGET**

A Grocery Budget Challenge
by DontWastetheCrumbs.com



Challenge Worksheets

Day 1: Why is it so hard to afford healthy food? What is a realistic budget?

How much did you spend on groceries the last two weeks?

How many people are in your family?

Divide what you spent on groceries by the number of people in your family. This is your grocery budget PER PERSON.

(Share this with the Facebook Group!)

Day 2: How do I know what's worth cooking from scratch and what's worth buying?

What is one food item you normally buy that can be made from scratch?

What does it cost at the store?

What does it cost to make from scratch?

How do you feel about this?

(Share this with the Facebook Group!)

Day 3: Do I have to shop at multiple grocery stores every week? Do I have to shop multiple times each week?

What keeps you from shopping at multiple stores? (time, distance, kids, unaware of other options, etc.)

What can you change in to make shopping at multiple stores possible?

(Share this with the Facebook Group!)

Day 4: How can I buy organic and still stay on budget?

What is one food you buy and eat every week?

What is one food you buy and eat occasionally?

Do you care if either item is organic (or local or fresh or whatever quality you want)? Why or why not? Does it matter?

(Share this with the Facebook Group!)

Day 5: How do I find the time to meal plan, meal prep, cook dinner (maybe from scratch?) AND grocery shop every week?

Where will you fit meal planning, shopping, meal prepping, and cooking into your weekly schedule?

(Share your plan with the Facebook Group!)

Challenge Takeaways and Notes
