

# SHOPPING LIST ACTIVITY

## SLEEP OUT

You have £10 to spend on groceries to feed yourself for TWO weeks, how will you spend your money?

Have a think about:

- What meals you can make with your items
- What can last you throughout the week
- Think about the nutritional value in these items



Item	Price	Item	Price	Item	Price	Item	Price
Sausages x6	£2.19	Eggs	£1.49	Chicken Dippers	£1.39	Cereal	£2.25
Burger Patties x2	£3.29	Ham	£1.99	Pesto	£0.85	Custard Creams	£0.42
Beef Mince	£4.29	Milk	£1.55	Breaded Fish x2	£2.09	Packet of Sweets	£0.99
Bread	£1.20	Margherita Pizza	£2.39	Pack of Potatoes	£1.29	Tinned Peaches	£0.79
Rice 1kg	£0.95	Butter	£1.09	Strawberries	£1.49	Peanut Butter	£1.09
Cheese	£3.99	Avocado	£1.29	Tomatoes	£1.19	Breakfast bar x5	£1.89
Crisps x10 packets	£1.25	Salad	£0.57	1 tin of Tuna	£0.99	1 tin of Soup	£0.79
Pasta Sauce	£0.65	Cucumber	£0.95	1 tin of Sweetcorn	£0.52	Pack of Noodles	£1.19
Oven Chips	£0.99	2 Chicken Breast Fillets	£2.25	Baked Beans	£0.42	Bacon	£2.29

Write down which items you've chosen:

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1 in 4 vulnerable young people have £20 (or less!) to live off a month after they pay their rent and bills, leaving them to live off £5 or less a week.

To really put it in perspective, the average individual spends roughly £32 a week on their shopping.

