

LIFESKILLS IN ACTION

LIVING
SKILLS+

Smart
Grocery
Shopping

JANE GARDNER



We all need to eat.

It can seem easy growing up.

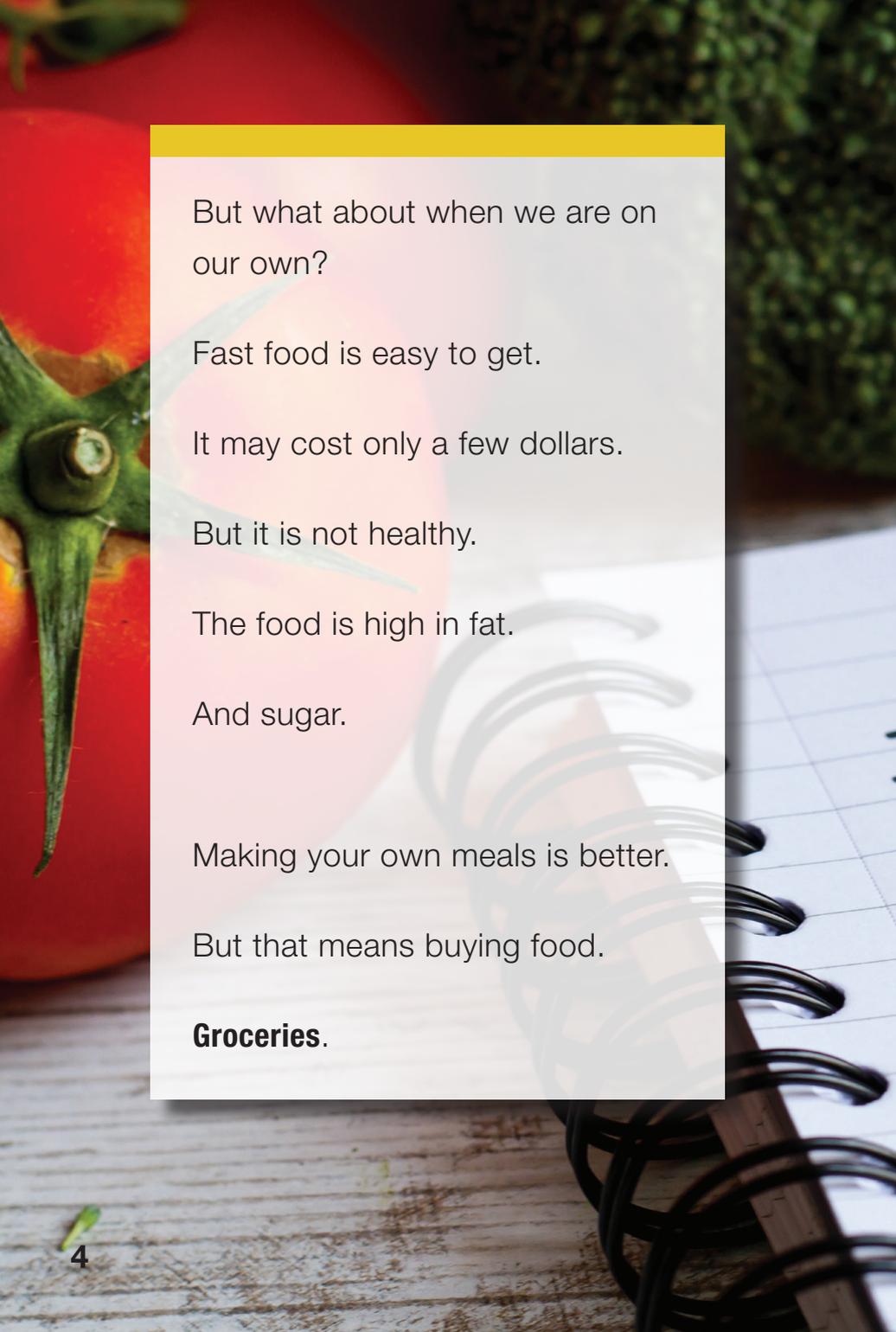
Someone makes us **food**.

School lunches.

Meals at home.

Eating out.





But what about when we are on our own?

Fast food is easy to get.

It may cost only a few dollars.

But it is not healthy.

The food is high in fat.

And sugar.

Making your own meals is better.

But that means buying food.

Groceries.

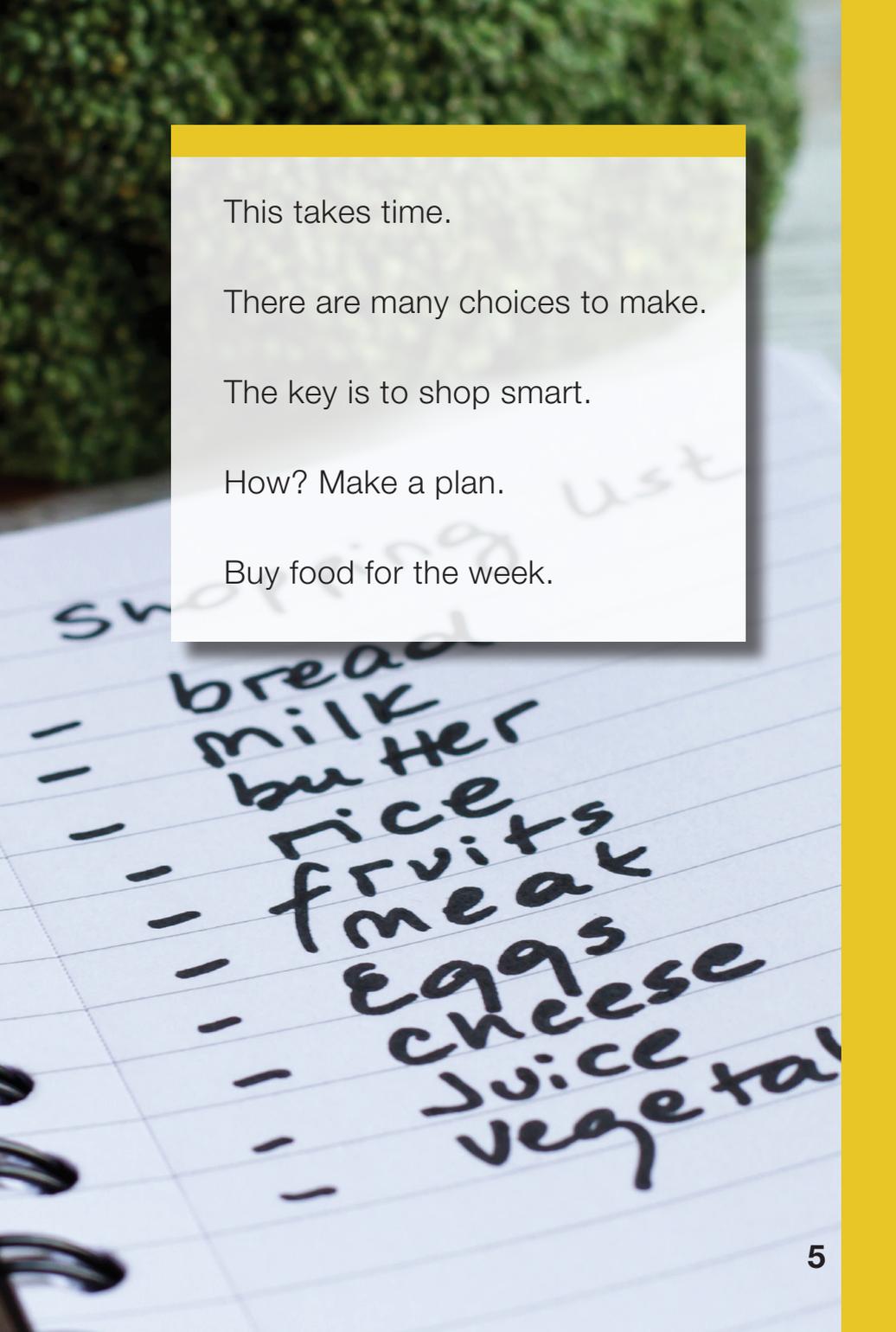
This takes time.

There are many choices to make.

The key is to shop smart.

How? Make a plan.

Buy food for the week.

- 
- Shopping List
- bread
 - milk
 - butter
 - rice
 - fruits
 - meat
 - eggs
 - cheese
 - juice
 - vegetable

Start with a **shopping list**.

Write down the things you need.

First check the kitchen.

See what is there.

Look in the cupboards.

Open the refrigerator.

And the freezer.



Out of milk?

Low on cereal?

Add those items to the list.

What about **coupons**?

They can save you money.

Put them by your list.



What happens when a person goes to the grocery store without a list? That is what Jane finds out in *Shop Smart*. Want to read on?



JUST *flip* THE BOOK!

SHOP SMART

PJ GRAY



Jane was a junior in high school. Her sister, Meg, had just started high school.

They lived with their two dads. Jane and Meg called one dad Pop. They called the other one Dad.

Both of their dads worked. They cooked and shopped for the family. Jane never had to grocery shop. Her dads did that for her. And her dads liked to cook. So Jane never did.

One day Meg saw Jane after school. “Are you going to tell them?” Meg asked.

“Tell who about what?” Jane asked.

“Tell Dad and Pop. Tell them about Ray!”

Ray was Jane's new boyfriend. They had dated for a few months. Jane worked at the mall. That is where she met Ray.

Jane had not told her dads. She wanted to wait. She had to know it was love.

Jane met Ray after school. They kissed and held hands.

“I want to invite you to dinner,” Jane said.

“Okay,” Ray said. “Where do you want to go?”

Jane smiled. “No, silly. Dinner at my house. With my family.”

“Oh,” Ray said. He smiled back.

“Will you come to dinner?” she asked.

“Sure,” Ray said. “I would like that.”

Jane smiled. She was so happy.

“Wait!” Ray said.

“What’s wrong?”

“You can cook?” Ray asked. Then he smiled.

Jane slapped his arm. “Very funny!”

SHOP SMART

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