

LIFESKILLS IN ACTION

LIVING
SKILLS+

Smart
Grocery
Shopping

JANE GARDNER



We all need to eat.

It can seem easy growing up.

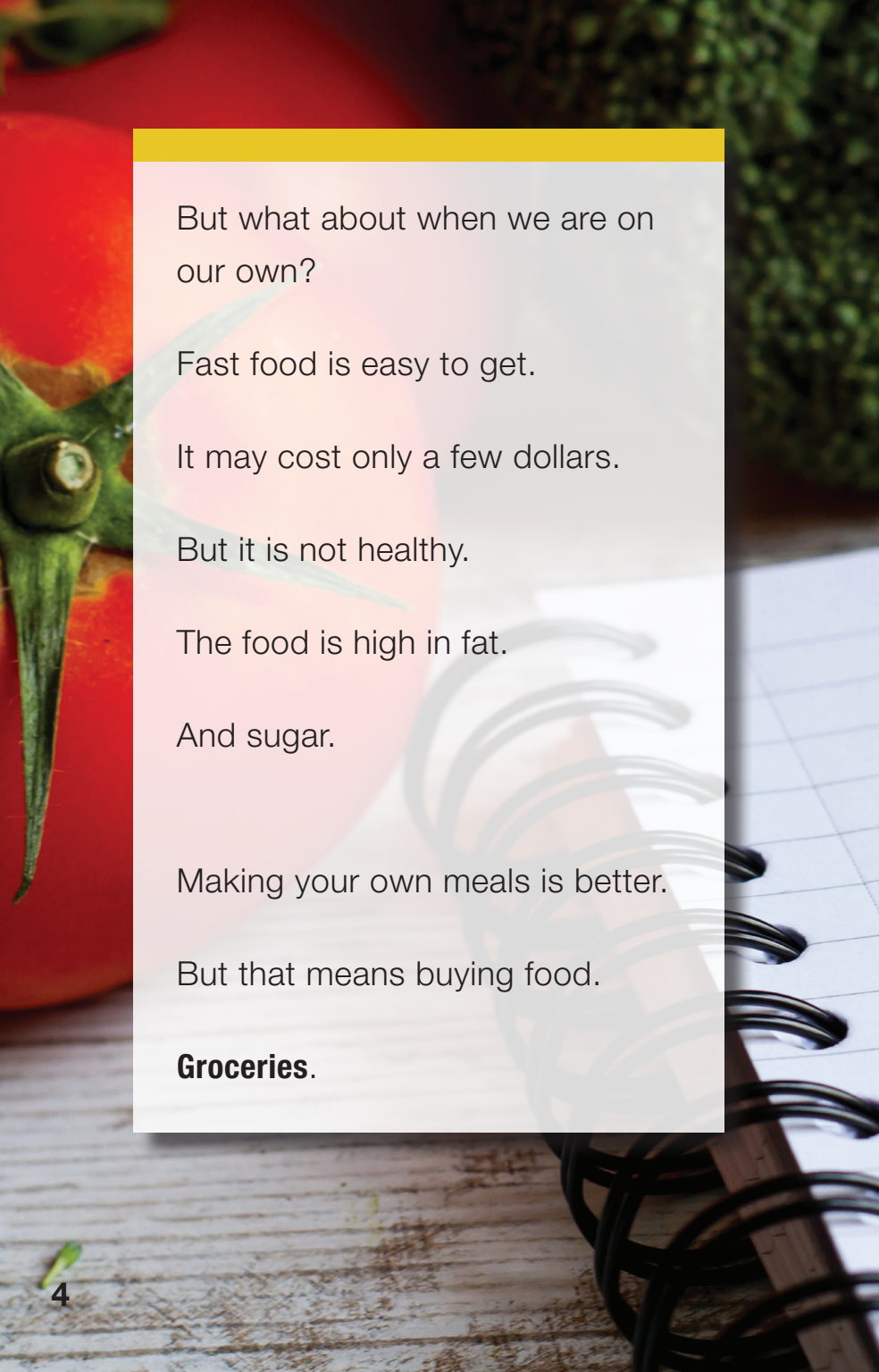
Someone makes us **food**.

School lunches.

Meals at home.

Eating out.



The background of the page features a close-up of a red tomato with a green stem and leaf on the left side. On the right side, there is a spiral-bound notebook with a white cover and a black metal spiral binding. The notebook is open, showing a page with a grid pattern. The entire scene is set against a light-colored wooden surface.

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.

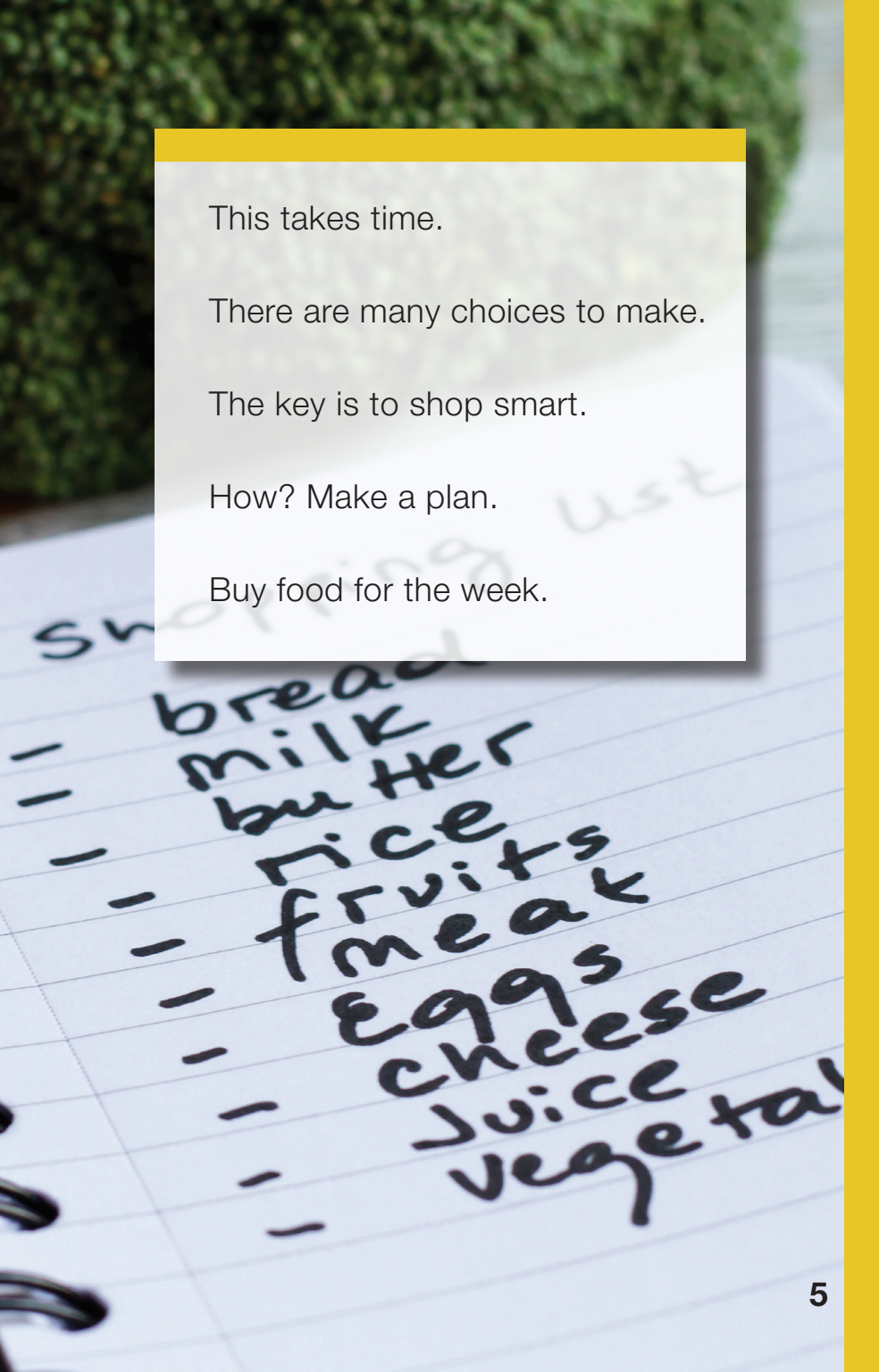
This takes time.

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
 - vegetables

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

PJ GRAY



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LIFESKILLS IN ACTION

LIVING SKILLS+

Doing
Household
Chores

CARRIE GWYNNE





Household chores.

We do them to make our homes clean.

Wash clothes. Mop floors. Clean rooms.

Keep them neat and tidy.

Cleaning is just one part of chores.

Upkeep is important too.

Hang a picture. Change a lightbulb. Fix a leak.

We take care of our homes.

It is all part of living clean.



We want to live healthy too.

Chores help us do this.

But they take time.

What happens if we wait?

Things get out of hand.

Avoid this by staying **organized**.

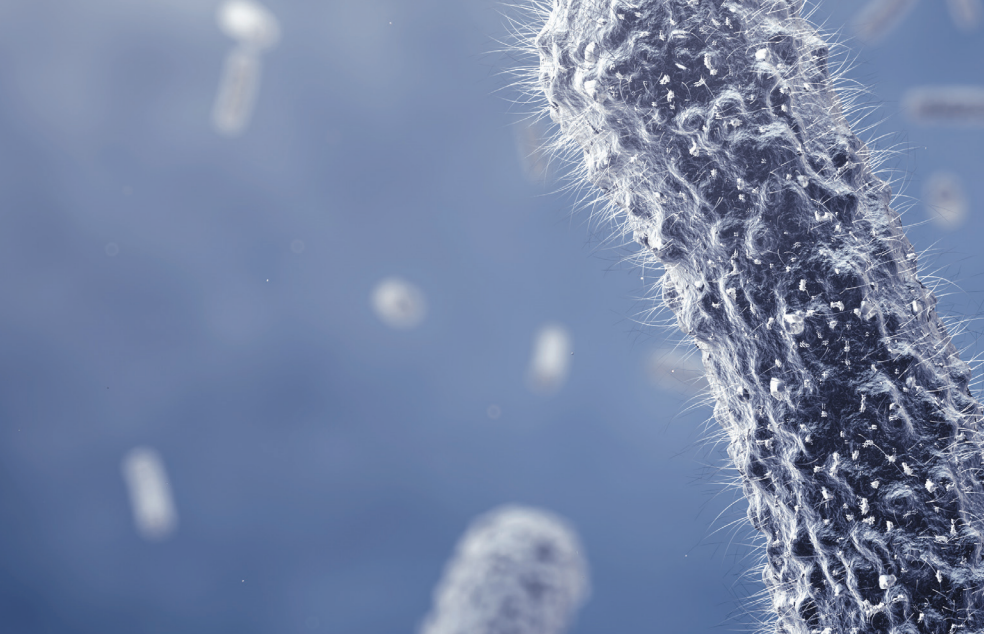
Manage your time.

Find a way to fit it all in.

It helps to do a few chores each day.

And it's worth it.





Doing chores is good for your health.

Cleaning kills germs.

There is less of the **bacteria** that can make you ill.

A tidy home saves you time too.

Things are easy to find.



We all like to save money.

Chores help with this too.

Things last longer when
you take care of them.

Rugs. Floors.

Blinds.

It pays to live
clean.



What happens when a person does not keep up with chores? That is what Jake finds out in *Keep It Clean*. Want to read on?



JUST *flip* THE BOOK!

KEEP IT
CLEAN



PJ GRAY

Jake Jones was a senior. He kept busy.

First there was football. Jake was a linebacker. Then there were his friends. Some were on the team with him. Others he had hung out with for years.

Most of all there was his car. It was new. Jake was so proud of it. He washed it twice a week. And he liked to show it off.

Jake lived with his mom. His mom sold cars for a living. She worked long hours.

Mrs. Jones made a deal with Jake. She would do part of the chores.

“I will cook and shop for groceries,” said his mom. “And I will wash clothes and dust the house. Keeping my room and bathroom clean will be my job. But you need to do your part too.”

Jake agreed. “Okay. What do you need me to do?”

His mom smiled. “You can wash the dishes. Take out the trash, and put the bins out once a week. Mow the yard. And keep your room and bathroom clean.”

They shook hands. It was a deal.

Mrs. Jones was proud of her son. She loved him very much. But she had one problem. Jake would not do his chores.

One day Mrs. Jones came home from work. She had been grocery shopping. There was a back door into the kitchen. Mrs. Jones went there with the groceries. Then she stopped.

What a mess! Three trash bags were outside the door. Jake never put them into the bin.

One bag was ripped open. The dog next door must have done it. Old food and trash were in the backyard. The back gate was open. Jake had not locked it.

KEEP IT CLEAN

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PJ GRAY