

Free downloadable food budgeting and grocery shopping lesson plans and other online resources for children, youth, teens and adults.

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List originally compiled 3/25/2011; updated 9/30/2015.

For children, youth, teens:

A lesson plan outline for teaching about grocery shopping for elementary school and kindergarten students (that can be used to inspire your own ideas), at <http://tradingideas.orientaltrading.com/educators/k-6/lesson-plans/grocery-store-lesson-plan>

Lesson ideas for using math at the grocery store for elementary school students, at <http://www2.ed.gov/pubs/parents/Math/grocerymath.html>

FUNDamental Finance for Farmstands, Lesson 1, Hill of Beans, is a good budgeting lesson for youth:
<http://njaes.rutgers.edu/pubs/publication.asp?pid=E320>

A lesson plan on general budgeting basics for middle and high school students, along with a household budget simulation game:
<http://senseanddollars.thinkport.org/spending/budgetbasics.html>

A lesson plan on family food budgeting for high school students presented with nine teaching options:
<http://www.uen.org/Lessonplan/preview.cgi?LPid=17139>

A grocery shopping lesson plan, designed for parents as part of a larger series of nutrition lessons
http://www.ode.state.or.us/services/nutrition/cacfp/tn/lesson_plans.aspx

A lesson plan where teens are given a description of certain families to plan menus and grocery shop for, then answer lots of various questions about the activity, at http://www.educationworld.com/a_tsl/archives/03-1/lesson020.shtml

Other info for adults to use in teaching children about money:
<http://www.themint.org/parents/grocery-store-as-classroom.html>

<http://www.themint.org/parents/the-grocery-store-challenge.html>

For older teens and adults:

A lesson plan on meal planning and food shopping:

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[http://nyc.cce.cornell.edu/staff/ce/workshop/Documents/FNLC%20Traditional%20Lesson%20Plans/Lesson--Meal%20Planning%20Food%20Shopping%20\(final\).pdf](http://nyc.cce.cornell.edu/staff/ce/workshop/Documents/FNLC%20Traditional%20Lesson%20Plans/Lesson--Meal%20Planning%20Food%20Shopping%20(final).pdf)

A lesson plan about how to eat healthfully on a budget:

http://health.gov/dietaryguidelines/workshops/DGA_Workshops_Wkshp_3.pdf

A lesson plan on cooking on a budget:

<http://www.uen.org/Lessonplan/preview.cgi?LPid=4623>

A lesson plan on comparison shopping, at

https://www.practicalmoneyskills.com/foreducators/lesson_plans/lev_2/2_4.pdf

A lesson plan on making the most of your food dollars, starts on page 48 in a larger curriculum on basic foods and nutrition, developed at K-State by Sandy Procter

<http://www.ksre.ksu.edu/library/fntr2/S134B.pdf>

Money for Food, a curriculum designed for adults, in English and Spanish, at

<http://www.uwex.edu/ces/wnep/teach/mff/index.cfm>

Lesson plans on various aspects of food purchasing, such as making goals and decisions about buying foods, having a spending plan, saving money when buying food, and planning ahead for food events:

<http://www.choosemyplate.gov/sites/default/files/budget/TeachingAboutPurchasingFood.pdf>

A lesson plan about how to plan healthy meals on a budget:

<http://www.ianrpubs.unl.edu/epublic/live/hef597/build/hef597.pdf>

Info describing the steps to take to plan a food budget, and how to save money when grocery shopping and cooking meals:

<http://www.extension.iastate.edu/foodsavings/page/what-you-spend-now>

Various kinds of information about saving money when grocery shopping and cooking on a budget, in the *Dining on a Dime* newsletter Kansas State University Extension Human Nutrition, at

<http://www.k-state.edu/humannutrition/newsletters/dining-on-a-dime/index.html>

Links about household food assistance from the SNAP, WIC and other programs that help people of all ages with low income buy nutritious foods for a better diet, and tips for saving money on food:

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<http://snap.nal.usda.gov/snap/EatRightWhenMoney'sTight.pdf>

Thirteen colorful pages of tips for getting good values on choices from the MyPlate food groups. Recipes fill the last 25 pages:

<http://www.choosemyplate.gov/sites/default/files/misc/tools/MeetingYourMyPlateGoalsOnABudget.pdf>

Tips for how to stay within your food budget:

<http://www.choosemyplate.gov/sites/default/files/printablematerials/PlanPurchasePrepare.pdf>

Tips for how to spend less money but still live well, including food budgeting:

<http://extension.missouri.edu/explorepdf/hesguide/famecon/gh3600.pdf>

A list of 137 ways to save money when buying food:

<http://www.aces.edu/pubs/docs/H/HE-0757/HE-0757.pdf>

To find recipes for thrifty households, type in "cost" in the search box, then sort by "serving cost" or "total cost" and get listings organized by cost per serving or cost per recipe, at:

<http://www.whatscooking.fns.usda.gov/>