



Task Title: Create a Shopping List within Budget

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☐

Task Description: The learner will make a grocery list from flyers to stay within budget.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Interpret documents/A2.1
- Communicate Ideas and Information/Complete and create documents/B3.2a
- Understand and Use Numbers/Manage money/C1.2

Materials Required:

- Pen/pencil and paper and/or digital device
- Calculator or digital device with calculator function

Task Title: CreateShoppingListWithinBudget_I_A2.1_B3.2a_C1.2

Learner Information

Planning ahead by making lists makes it easier to organize a household. It also helps you budget for grocery and other household items.

Scan the “Grocery List Template”, “Price Comparisons Template” and the Weekly Flyers for No Frills, Sobeys and Food Basics.

Price Comparisons Template

Item	Store Name and Price	Store Name and Price	Where will you purchase this item?

[illegible]

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Flyer: Sobeys

100% fresh GUARANTEE
Guaranteed fresh or your money back

Sobeys

All Fresh Pork!
BUY 2 GET 1 FREE
*if equal or lesser value see offers on page 3

4.49 /lb. ea

Fresh Regular Ground Beef Family Size 9.90/kg or HAYTER'S FARM Fresh Extra Lean Minced Turkey 450 g

4.88 /lb

Fresh Boneless Skinless Chicken Breasts Family Size 10.76/kg

3

Fresh Atlantic Salmon Portions skin on plain or marinated product of Canada 113 g

2.99

Cauliflower product of Canada no 1 grade

1.88 /lb

Extra Large Black Red or Green Seedless Grapes product of USA 4.14/kg

3.64

ACTIVA Yogurt or Drinkable 8 pk

2.79

LAY'S Potato Chips 200-215 g, Poppables 130 g or Baked 177 g

5.47

KELLOGG'S Family Size Cereal selected 480-550 g

4.77

ARMSTRONG Shredded Cheese 300-320 g, Slices 210 g, Combos 180 g or Shreds 280-340 g

2,500 PTS

GET UP TO
WHEN YOU LOAD THIS OFFER IN THE SOBEYS APP OR AT MyGroceryOffers.ca OCTOBER 31 - NOVEMBER 20, 2024

LOAD THIS OFFER AND GET 500 PTS ON 3 TRANSACTIONS OF \$50+ AND GET A 1000 PTS BONUS FOR USING ALL 3 OFFERS.

SPEND \$50+*

1st Shop GET 500 PTS
2nd Shop GET 500 PTS
3rd Shop GET 500 PTS
Shop 3 times and get a 1000 PTS bonus

Happy Halloween

Prices and offers in effect October-November 2024

so many deals
Scan here for our full digital flyer

7.99

ST-HUBERT SWISS CHALET or MONTANA'S Frozen Meat Pies or COMPLIMENTS Lasagna, Mac & Cheese or Chili 470 g 1 kg

5.50

COMPLIMENTS Lean Ground Pork, Extra Lean Ground Chicken or Extra Lean Minced Turkey, LAMB TONIGHT! Lean Ground Lamb, JOHNSONVILLE Sausage Meat, NOBLE PREMIUM BISON Lean Ground Bison or FONTAINE Lean Ground Veal 226-454 g starting at \$5.99 ea

12.99 /lb

Fresh Boneless Striploin Premium Oven Roast or Family Size Grilling Steaks cut by your meat expert from Australia graded beef while supplies last 28.64/kg

5.49

Strawberries product of USA no 1 grade 454 g clamshell

2.49 /lb

Honeycrisp Apples product of Ontario, Canada extra fancy grade 5.49/kg

3.99

Small Crusty Buns 12 pk 775 g

5.99

BOURISIN 150 g or Cuisine 220 g

5.99

COMPLIMENTS Natural Ingredients Sliced Meats selected 175 g

4.25

CRACKER BARREL Cheese Slices 200-240 g or Snacks 188 g

5.49

COMPLIMENTS Salted Butter 454 g

3.49

SILK Beverages assorted varieties 175-189 L

2/\$8

COCA-COLA or PEPSI Soft Drink 6x710 mL

9.99

MAXWELL HOUSE Coffee 631-925 g or STARBUCKS Coffee 340 g, Pods 10 pk, Instant 90 g or Cold Brew 346 mL

UP TO 40% off

JAMIESON Vitamins and Supplements assorted variety

10.97

KRAFT Peanut Butter 2 kg or BEEMAD Liquid Honey 1 kg

3.99

Oikos Greek Style Yogurt 4 pk

2/\$5

LECLERC Celebration Cookies 240-250 g or VACHON SNACKS 248-336 g

11.99

CASHMERE Bathroom Tissue 24-48 or 12-48 rolls, SPONGE TOWELS 6-12 rolls or SCOTTIES Facial Tissue 12 pk

19.99

TIDE Laundry Detergent 3.9 L, Pods 45-76 pk, GAIN Flings 76 pk or IVORY SNOW 33 L or Pods 45 pk

150 PTS

STARTING AT
3.99

CREST 3D White or ProHealth Toothpaste 63-120 mL or ORAL-B Toothbrushes 3-2 pk, OILY 364 mL or IVORY 621 mL, Body Wash, SECRET or OLD SPICE Deodorant 45-98 g or PANTENE Hair Care 170-355 mL or 187-200 g selected

PROUDLY CANADIAN sobeys.com

Partners in Growth For every tree we plant in the planting of this Flyer, 50% of Partners in Growth program will contribute to the planting of a tree through Trees for Life Canada.

Happy Diwali
Find everything you need for your festivities.

149 /lb
Red Carrots product of Canada 3.28/kg

549
PANJIMI Mini Naan 500 g

1699
INDIA GATE Premium Basmati Rice 4.54 kg

449
TRE STELLE Paneer 350 g

2/\$9
Pomegranates product of USA

So.local
Grown right here at home

129 /lb
Rutabaga product of Ontario 2.84/kg

2/\$6
GOODLEAF Microgreens product of Ontario 50 g

2/\$8
GOODLEAF Lettuce Blends product of Ontario 113 g

349
COMPLIMENTS Organic Button Mushrooms product of Canada 227 g

249 /lb
COMPLIMENTS Carrots product of Ontario 3 lb 1.36 kg

4/\$5
Garlic product of Ontario

599 /lb
Bosc Pears product of Ontario, Canada extra fancy grade 2 L clamshell

249 /lb
Bartlett or Bosc Pears product of Ontario, Canada extra fancy grade 5.49/kg

599 /lb
COMPLIMENTS Honeycrisp Apples product of Ontario, Canada extra fancy grade 1.36 kg

100% fresh GUARANTEE
Guaranteed fresh or your money back

Fruity fresh...

399
Avocados product of Mexico 5 pk

499 /lb
Whole Golden Large Pineapple or Prepared Fresh Daily Cored Pineapple product of Costa Rica

549
Kiwi product of New Zealand 454 g

399
Cantaloupe product of USA

2/\$5
Mangoes product of Brazil

179 /lb
Navel Oranges product of South Africa 3.95/kg

169 /lb
Sweet Potatoes product of Ontario 3.73/kg

249
Iceberg Lettuce product of USA or Mexico

179
Methi product of Mexico

275
Celery product of USA

579
Rainbow Peppers product of Canada or Mexico 3 pk

2/\$9
COMPLIMENTS Caesar Salad Kit 280 g, FRESH ATTITUDE Caesar Bacon Salad 171 g or Spring Mix Salad 150 g product of Canada

bulk

15% off
Prepared Fresh Daily Mixed Melon, Watermelon, Honeydew or Cantaloupe Chunks assorted sizes

25% off
Prepared Fresh Daily In-Store Taco or Guacamole Dip, Pineapple Salsa or Bruschetta Mix assorted sizes

599
COMPLIMENTS Snack or Trail Mixes selected 400-500 g

899
WONDERFUL No Shell Pistachios selected 155-170 g

floral

499
Frosty Fern 4' or Zippo "Christmas" Cactus 4'

599
Fleuriette 4.5'

1299
Rainbow Gerbera Bouquet 10-Stem

1299
Rose & Alstroemeria Bouquet

GREAT GIFT IDEA! Our Gift Cards can be any amount.

seafood

299
COMPLIMENTS Crab or Lobster-Flavored Alaskan Pollock 227 g

599
Fresh Mussels 907 g or Bacon Wrapped Scallops Skewer 100 g previously frozen or MUSSEL KING Whole Cooked PEI Mussels frozen 454 g

1099 /lb
Yellowfin Tuna Steaks previously frozen or frozen product of Vietnam 24.23/kg

1499 /lb
Fresh Wild Icelandic Cod Fillets subject to availability 3305/kg

350
Authentic Maryland Crab Cakes 120 g frozen or previously frozen or 2 pk of cakes for 700

1099
COMPLIMENTS Smoked Sockeye, Steelhead, Atlantic Salmon or Gravlox 140-150 g

999
EARLS Restaurant Clam Chowder frozen 550 mL

1199
IFC Coldwater Cooked Shrimp 150-250 ct, 350 g

\$12
BEST BUY Breaded Popcorn Shrimp or Squid Rings 800 g

1399
WATERVIEW MARKET Lemon Garlic Shrimp & Pasta 907 g or Shrimp Lo Mein Heat Kils 877 g

699
IFC Seafood Appetizer Trio 312 g

bakery

799
Brownie Cakes 310-390 g

899
Brownie Cakes 310-390 g

2199
BAKER STREET Cakes 675-800 g

699
TASTY SELECTIONS Bundt Cake 500 g 7.99 ea

399
Strudel Fingers 228 g

999
TOP DESSERT Carrot or Banana Cake 485 g

649
100% Butter Danish 4 pk, 420 g

949
TABLE TALK Apple Caramel or Apple Cranberry Pie 625 g

499
STUYVER'S Ciabatta or Portuguese Buns 4 pk 340-400 g

399
Focaccia Breads 315-340 g

429
Butter Crust, Dutch Crunch, Soft Italia or Sesame Seed Topped Bread 450 g

Sign up for Sobeys E-Flyer & SAVE \$5 off your next purchase of \$40 or more!
www.sobeys.com/getflyer

I earn, redeem and save with moi rewards
GET READY TO SAVE! GREAT PRICES START ON THURSDAY, OCTOBER 31ST TO WEDNESDAY, NOVEMBER 6TH, 2024

Learner Copy

CRAZY 8 SALE

<p>LACTANTIA PUR FILTRÉ MILK 2% (1 L) (21 SECTEURS) BEATRICE CHOCOLATE MILK 2% (1 L) (21 SECTEURS)</p> <p>8 CRAZY 5⁹⁸ EACH</p>	<p>NATURAL SELECTIONS SLICED DELI MEAT 35% TO 65% TO 80% MEATS MAPLE LEAF SLICED DELI MEAT 35% TO 65% TO 80% MEATS</p> <p>50 points 8 CRAZY 8⁸⁸ EACH</p>
<p>BLACK DIAMOND SLICES 40g CHEDDAR 2% (1 L) (21 SECTEURS) SLICES 2% (1 L) (21 SECTEURS)</p> <p>8 CRAZY 3⁸⁸ EACH</p>	<p>MAXWELL HOUSE GROUND COFFEE 10g (100 S) (21 SECTEURS) TIM HORTONS COFFEE CAPSULES 12 (100 S) (21 SECTEURS)</p> <p>8 CRAZY 9⁸⁸ EACH</p>
<p>LACTANTIA LACTOSE FREE OR ULTRA PUR MILK 1 L (21 SECTEURS)</p> <p>35 points 8 CRAZY 4⁸⁸ EACH</p>	<p>MICHELIN'S MACARONI AND CHEESE 250g (21 SECTEURS) MICHELIN'S MACARONI AU FROMAGE 250g (21 SECTEURS)</p> <p>8 CRAZY 2/²⁸⁸</p>
<p>DORITOS RUFFLES POTATO CHIPS 100g (21 SECTEURS) DORITOS POTATO CHIPS 100g (21 SECTEURS)</p> <p>8 CRAZY 2/⁶⁸⁸</p>	<p>SMART ONES IRRESISTIBLES MEALS 200g (21 SECTEURS) SMART ONES IRRESISTIBLES MEALS 200g (21 SECTEURS)</p> <p>8 CRAZY 2⁸⁸ EACH</p>
<p>ESKA SPRING WATER 2 L (21 SECTEURS)</p> <p>25 points 8 CRAZY 3⁸⁸ EACH</p>	<p>MAXWELL HOUSE NABOB COFFEE CAPSULES 10g (100 S) (21 SECTEURS) MAXWELL HOUSE NABOB GROUND COFFEE 10g (100 S) (21 SECTEURS)</p> <p>100 points 8 CRAZY 10⁸⁸ EACH</p>
<p>CASHMERE BATHROOM TISSUE 12-24 (21 SECTEURS) SPONGE TOWELS 12-24 (21 SECTEURS)</p> <p>8 CRAZY 6⁸⁸ EACH</p>	<p>GAIN LAUNDRY DETERGENT 4.5L (21 SECTEURS) CASCADE DISHWASHER DETERGENT 37.4L (21 SECTEURS)</p> <p>125 points 8 CRAZY 14⁸⁸ EACH</p>

*IN STOCK POLICY: Food Basics offers an in-stock guarantee for all items in its current flyer. If we are temporarily out of stock on an advertised item in our current flyer, a Rain Check will be issued with 10% off the advertised price of the item plus the difference with 10 days from the date of issue. Rain Checks are not valid if the ad is in the first states, "While quantities last," "Special buy," or "40 Hour Closures," or an in-store double. 200-2000 and Hot Items, Free Offer and Value, Independent Mail Priority Wonders, Our Goodnest Market, and Our Goodnest Buy by Name Total. Please see the Customer or Service desk at your Food Basics for full details. Rain checks only apply if there is a limit stated in the ad. Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements.

[illegible]

UNAUTHORIZED COPYING OF THIS FLYER IN ANY MEDIUM (INCLUDING POSTING ONLINE) WITHOUT THE PRIOR WRITTEN CONSENT OF METRO ONTARIO INC. IS NOT PERMITTED. **CUSTOMER CARE: 1.866.535.5555**

PRODUCE

WE LOVE LOCAL

BROCCOLI CROWNS
PRODUCT OF CANADA
THIS WEEK ONLY **1.98** EACH

HONEYCRISP APPLES
PRODUCT OF CANADA
CANADA FAMILY SIZE
THIS WEEK ONLY **1.98** /LB

BLUEBERRIES
PRODUCT OF MEXICO
THIS WEEK ONLY **3.98** EACH

RASPBERRIES
PRODUCT OF MEXICO
THIS WEEK ONLY **3.98** EACH

BLACKBERRIES
PRODUCT OF MEXICO
THIS WEEK ONLY **3.98** EACH

HOTHOUSE PEPPERS
PRODUCT OF CANADA
THIS WEEK ONLY **2.98** /LB

WE LOVE LOCAL

CAULIFLOWER
PRODUCT OF CANADA
THIS WEEK ONLY **2.98** EACH

CARROTS OR YELLOW ONIONS
PRODUCT OF CANADA
THIS WEEK ONLY **1.98** EACH

ACORN, BUTTERNUT OR SPAGHETTI SQUASH
PRODUCT OF CANADA
THIS WEEK ONLY **1.28** /LB

CANTALOUPE
PRODUCT OF CANADA
THIS WEEK ONLY **2.98** EACH

25 points

WE LOVE LOCAL

HOTHOUSE TOMATOES
PRODUCT OF CANADA
THIS WEEK ONLY **1.98** /LB

CLEMENTINES
PRODUCT OF CANADA
THIS WEEK ONLY **3.98** EACH

AVOCADOS
PRODUCT OF MEXICO
THIS WEEK ONLY **3.98** EACH

MINI CUCUMBERS
PRODUCT OF CANADA
THIS WEEK ONLY **2.98** EACH

COCKTAIL TOMATOES
PRODUCT OF CANADA
THIS WEEK ONLY **2.98** EACH

FRESH ATTITUDE SALADS
PRODUCT OF CANADA
THIS WEEK ONLY **3.77** EACH

30 points

WE LOVE LOCAL

NAVEL ORANGES
PRODUCT OF CANADA
THIS WEEK ONLY **4.98** EACH

FUYU PERSIMMONS
PRODUCT OF CANADA
THIS WEEK ONLY **4.98** EACH

LPC POTATOES
PRODUCT OF CANADA
THIS WEEK ONLY **3.49** EACH

IRRESISTIBLE NUTS
PRODUCT OF CANADA
THIS WEEK ONLY **3.98** EACH

30 points

FLORAL

6" ZYGOCACTUS
PRODUCT OF CANADA
THIS WEEK ONLY **8.98** EACH

12 STEM PINK BLOOMING
PRODUCT OF CANADA
THIS WEEK ONLY **9.98** EACH

10 STEM ROSES
PRODUCT OF CANADA
THIS WEEK ONLY **10.88** EACH

5" ORCHIDS OR BIRCHES
PRODUCT OF CANADA
THIS WEEK ONLY **10.88** EACH

50 points

MEAT

PRIME TURKEY DINDE
PRODUCT OF CANADA
THIS WEEK ONLY **5.99** EACH

PRIME RAISED WITHOUT ANTIBIOTICS EXTRA LEAN GROUND CHICKEN OR TURKEY
PRODUCT OF CANADA
THIS WEEK ONLY **5.99** EACH

ITALIAN SAUSAGES
PRODUCT OF CANADA
THIS WEEK ONLY **4.49** /LB

FRESH SELECTION PORK SAUSAGES
PRODUCT OF CANADA
THIS WEEK ONLY **4.49** /LB

FRESH CHICKEN DRUMSTICKS
PRODUCT OF CANADA
THIS WEEK ONLY **2.49** /LB

BONE-IN PORK COMBINATION CHOPS
PRODUCT OF CANADA
THIS WEEK ONLY **3.99** /LB

FRESH BONELESS SKINLESS CHICKEN THIGHS
PRODUCT OF CANADA
THIS WEEK ONLY **6.99** /LB

FRESH BONELESS OUTSIDE ROUND ROAST OR FAMILY PACK STEAKS
PRODUCT OF CANADA
THIS WEEK ONLY **10.49** /LB

SELECTION BACON
PRODUCT OF CANADA
THIS WEEK ONLY **3.99** EACH

SCHNEIDER'S SMOKED SAUSAGES
PRODUCT OF CANADA
THIS WEEK ONLY **5.99** EACH

MANDARIN ASIAN STYLE BISTECS
PRODUCT OF CANADA
THIS WEEK ONLY **6.99** EACH

IRRESISTIBLE FULLY COOKED MEATBALLS
PRODUCT OF CANADA
THIS WEEK ONLY **8.99** EACH

RANA PASTA
PRODUCT OF CANADA
THIS WEEK ONLY **4.99** EACH

IRRESISTIBLE PEPPERONI PIZZAS
PRODUCT OF CANADA
THIS WEEK ONLY **6.99** EACH

LEGACY MARINATED BONELESS PORK TENDERLOIN OR BONE-IN PORK CHOPS
PRODUCT OF CANADA
THIS WEEK ONLY **7.99** EACH

MAR-ANGELO STUFFED CHICKEN BREASTS
PRODUCT OF CANADA
THIS WEEK ONLY **9.99** EACH

SUMMI ROLLS OR FUYOZA
PRODUCT OF CANADA
THIS WEEK ONLY **4.49** EACH

IRRESISTIBLE Sliced DELI MEAT
PRODUCT OF CANADA
THIS WEEK ONLY **4.99** EACH

SUMMER FRESH SALADS
PRODUCT OF CANADA
THIS WEEK ONLY **7.99** EACH

GRANDE GRATED PARMESAN
PRODUCT OF CANADA
THIS WEEK ONLY **12.49** EACH

SEA HORSE CHICKEN ROLLS
PRODUCT OF CANADA
THIS WEEK ONLY **6.49** EACH

CRISPY CALAMARI
PRODUCT OF CANADA
THIS WEEK ONLY **6.99** EACH

CHIPS & FISH
PRODUCT OF CANADA
THIS WEEK ONLY **7.99** EACH

IRRESISTIBLE SALT & PEPPER CALAMARI
PRODUCT OF CANADA
THIS WEEK ONLY **6.99** EACH

BEER BUTTER
PRODUCT OF CANADA
THIS WEEK ONLY **7.99** EACH

IRRESISTIBLE POPCORN
PRODUCT OF CANADA
THIS WEEK ONLY **11.99** EACH

125 points

Work Sheet

Task 1: Your weekly budget is \$200. Read the flyers and circle the items you would like to buy for one week. If the same item is for sale at more than one store, enter this into the Price Comparisons template.

Answer: No written response required here.

Task completed: Yes: ☐

Task 2: Using the Grocery List Template, list all the items you circled in the flyer in the Item column. Enter the individual price of each item in the Price column. Enter the Total Price in the Total Price column.

Answer: No written response required here.

Task completed: Yes: ☐

Task 3: Add everything in the Total Price column and enter that amount in the Subtotal line.

Answer: No written response required here.

Task completed: Yes: ☐

Task 4: Some items have HST added (13%) and some don't. You can estimate 10% tax on all items to calculate an estimate of your total cost. Enter 10% on the Tax (estimate 10%) line.

Answer: No written response required here.

Task completed: Yes: ☐

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Task 5: Enter the total of Subtotal and Tax on the Total line.

Answer: No written response required here.

Task completed: Yes: ☐

Task 6: Calculate the difference between your total cost and your \$200 budget. Write the difference in the Balance line.

Answer: No written response required here.

Task completed: Yes: ☐

Task 7: If your total is more than your \$200 budget, list the items you would remove from your shopping list in order to achieve a total of \$200 or less.

Answer:
