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

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.

Grocery List Template

Item	Price per Item	Quantity	Total Price
		Subtotal	
		Tax (estimate 10%)	
		Total	
		Budget	$200
		Balance	

Price Comparisons Template

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

Flyer: No Frills

Learner Copy

no name®

meat lasagna
lasagne à la viande

.99 NO NAME TUNA

6⁷⁹ NO NAME LASAGNA

pizza
pepperoni

farmer's market

3⁵⁰ NO NAME PIZZA

7⁹⁹ 700 G NO NAME CHEESE

4²⁹ NO NAME PEANUT BUTTER

4⁴⁹ NO NAME STIRRED YOGURT

1²⁹ NO NAME VEGETABLE

$5 PRICE DROP

9⁹⁹ medium roast

1⁶⁹

2⁵⁰

8⁴⁹

$2

$4

6⁹⁹

APP EXCLUSIVE OFFER

Earn*
200 pts
20¢ value

for every $1 spent on any no name items in the bakery department

NO FRILLS

FRESH AT LOW PRICES

PRIME

$13 MAPLE LEAF PRIME CHICKEN

9⁹⁹ lb BONELESS BEEF STEW

Piller's

12⁹⁹ MARC UNGELLO SAUSAGES

6⁹⁹ PILLER'S PEPPERETTE TURKEY BITES

1⁹⁹ MAPLE LEAF FRANKS

2⁹⁹ SEABEST SALMON POLLOCK

$10 SEABEST FILE SALMON BURGERS

$6 Ziggys

11⁹⁹ JANES BITES

11⁹⁹ MEATBALLS

2⁹⁹ PC CANADIAN BACON BREAD

$3

4⁵⁰

4⁴⁹

$5

7⁹⁹

7⁹⁹ Ziggys

Learner Copy

Happy Diwali
Find everything you need for your festivities.

From Canada
$1.49 /lb
Red Carrots product of Canada 3.28/kg

$5.49
PANJIMI Mini Naan 500 g

$16.99
INDIA GATE Premium Basmati Rice 4.54 kg

$4.49
TRE STELLE Paneer 350 g

JUMBO
2/$9
Pomegranates product of USA

so·local
Grown right here at home

From Ontario
$1.29 /lb
Rutabaga product of Ontario 2.84/kg

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

50 PTS when you buy 2
2/$8
GOODLEAF Lettuce Blends product of Ontario 113 g

From Ontario
$2.49
COMPLIMENTS Carrots product of Ontario 3 lb 1.36 kg

From Ontario
4/$5
Garlic product of Ontario

From Canada ORGANIC
$3.49
COMPLIMENTS ORGANIC Button Mushrooms product of Canada 227 g

2 L
$5.99
Bosc Pears product of Ontario, Canada extra fancy grade 2 L clamshell

From Ontario
$2.49 /lb
Bartlett or Bosc Pears product of Ontario, Canada extra fancy grade 5.49/kg

From Ontario 3 LB BAG
$5.99
COMPLIMENTS Honeycrisp Apples product of Ontario, Canada extra fancy grade 1.36 kg

100% fresh GUARANTEE
Guaranteed fresh or your money back

Fruity fresh...

5 PACK
$3.99
Avocados product of Mexico 5 pk

100 PTS when you buy 2
$4.99
Whole Golden Large Pineapple or Prepared Fresh Daily Cored Pineapple product of Costa Rica

$5.49
Kiwi product of New Zealand 454 g

$3.99
Cantaloupe product of USA

100 PTS when you buy 2
2/$5
Mangoes product of Brazil

$1.79 /lb
Navel Oranges product of South Africa 3.95/kg

Veggie love...

From Ontario ORGANIC $4.99
$1.69 /lb
Sweet Potatoes product of Ontario 3.73/kg

$2.49
Iceberg Lettuce product of USA or Mexico

$1.79
Methi product of Mexico

$2.75
Celery product of USA

3 PACK
$5.79
Rainbow Peppers product of Canada or Mexico 3 pk

From Canada
2/$9
COMPLIMENTS Caesar Salad Kit 280 g, FRESH ATTITUDE Caesar Bacon Salad 171 g or Spring Mix Salad 155 g product of Canada

bulk

$5.99
COMPLIMENTS Snack or Trail Mixes selected 400-500 g

$8.99
WONDERFUL No Shell Pistachios selected 155-170 g

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

BUY 1 GET 2ND 25% off of equal or lesser value
Prepared Fresh Daily In-Store Taco or Guacamole Dip, Pineapple Salsa or Bruschetta Mix assorted sizes

floral
From Ontario
$4.99
Frosty Fern 4" or Zygo "Christmas" Cactus 4"

100 PTS when you buy 1
$5.99
Fleurette 4.5"

From Ontario
$12.99
Rainbow Gerbera Bouquet 10-Stem

$12.99
Rose & Alstroemeria Bouquet

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

seafood

150 PTS when you buy 1
$2.99
COMPLIMENTS Crab or Lobster-Flavoured Alaskan Pollock 227 g

$5.99
Fresh Mussels 907 g or Bacon Wrapped Scallops Skewer 100 g previously frozen or MUSSEL KING Whole Cooked PEI Mussels frozen 454 g

$10.99 /lb
Yellowfin Tuna Steaks previously frozen or frozen product of Vietnam 24.23/kg

300 PTS when you buy 2
25% off
COMPLIMENTS Hokkaido, Bay or Sea Scallops 340-400 g

$14.99 /lb
Fresh Wild Icelandic Cod Fillets subject to availability 33.05/kg

REAL CRAB
$3.50 ea
Authentic Maryland Crab Cakes 120 g frozen or previously frozen or 2 pk of cakes for 7.00

100 PTS when you buy 1
$10.99
COMPLIMENTS Smoked Sockeye, Steelhead, Atlantic Salmon or Gravlax 140-150 g

$9.99
EARLS Restaurant Clam Chowder frozen 550 mL

$11.99
IFC Coldwater Cooked Shrimp 150-250 ct, 350 g

100 PTS when you buy 1
$12
BEST BUY Breaded Popcorn Shrimp or Squid Rings 800 g

$13.99
WATERVIEW MARKET Lemon Garlic Shrimp & Pasta 907 g or Shrimp Lo Mein Meal Kits 877 g

$6.99
IFC Seafood Appetizer Trio 312 g

bakery

SCENE MEMBER PRICING
$7.99 SAVE 80¢
$8.79 without Scene+ Card
Brownie Cakes 310-390 g

MIX & MATCH Small or Large Patisseries
BUY 4 GET 5TH FREE of equal or lesser value

150 PTS when you buy 1
$21.99
BAKER STREET Cakes 675-800 g

BUY MORE SAVE MORE
$6.99 ea when you buy 2 or more
TASTY SELECTIONS Bundt Cake 500 g 7.99 ea

75 PTS when you buy 2
$3.99
Strudel Fingers 228 g

$9.99
TOP DESSERT Carrot or Banana Cake 485 g

100 PTS when you buy 2
$6.49
100% Butter Danish 4 pk, 420 g

LIMITED TIME ONLY
$9.49
TABLE TALK Apple Caramel or Apple Cranberry Pie 625 g

$4.99
STUYVER'S Ciabatta or Portuguese Buns 4 pk 340-400 g

BAKED IN STORE
$3.99
Focaccia Breads 315-340 g

BAKED IN STORE
$4.29
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

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

Flyer: Food Basics

Learner Copy

PRODUCE

WE LOVE LOCAL

BROCCOLI CROWNS
PRODUCT OF CANADA
THIS WEEK ONLY
1 98 EACH

HONEYCRISP APPLES
PRODUCT OF ONTARIO
CANADA FANCY GRADE
4.37/KG
THIS WEEK ONLY
1 98 /LB

BLUEBERRIES
PRODUCT OF MEXICO OR PERU
RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO
BLACKBERRIES
PRODUCT OF U.S.A. OR MEXICO
THIS WEEK ONLY
3 98 EACH

HOTHOUSE PEPPERS
PRODUCT OF MEXICO
6.57/KG
THIS WEEK ONLY
2 98 /LB

CAULIFLOWER
PRODUCT OF CANADA, CANADA NO. 1 GRADE
THIS WEEK ONLY
2 98 EACH

CARROTS OR YELLOW ONIONS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 2 LB BAG
THIS WEEK ONLY
1 98 EACH

25 points

CANTALOUPES
PRODUCT OF U.S.A.
NO. 1 GRADE
2 98 EACH

ACORN, BUTTERNUT OR SPAGHETTI SQUASH
PRODUCT OF ONTARIO
2.82/KG
THIS WEEK ONLY
1 28 /LB

HOTHOUSE TOMATOES
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
4.37/KG
THIS WEEK ONLY
1 98 /LB

CLEMENTINES
PRODUCT OF SOUTH AFRICA, 2 LB BAG
AVOCADOS
PRODUCT OF MEXICO
KIWIS
PRODUCT OF GREECE OR CHILE
THIS WEEK ONLY
3 98 EACH

MINI CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
COCKTAIL TOMATOES
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE
THIS WEEK ONLY
2 98 EACH

30 points

FRESH ATTITUDE SALADS
SELECTED VARIETIES
THIS WEEK ONLY
3 77 EACH

NAVEL ORANGES
PRODUCT OF SOUTH AFRICA
3 LB BAG
THIS WEEK ONLY
4 98 EACH

FUYU PERSIMMONS
PRODUCT OF U.S.A.
2 LB BAG
THIS WEEK ONLY
4 98 EACH

LPC POTATOES
PRODUCT OF CANADA
THIS WEEK ONLY
3 49 EACH

IRRESISTIBLES NUTS
SELECTED VARIETIES
30 points
THIS WEEK ONLY
3 98 EACH

FLORAL

ZYGOCACTUS
SELECTED VARIETIES
WHILE QUANTITIES LAST
THIS WEEK ONLY
8 98 EACH

12 STEM POM BOUQUET
ASSORTED COLOURS
WHILE QUANTITIES LAST
THIS WEEK ONLY
9 98 EACH

50 points

10 STEM ROSES
ASSORTED COLOURS
THIS WEEK ONLY
10 88 EACH

5" ORCHIDS OR BROMELIADS
ASSORTED COLOURS & VARIETIES
WHILE QUANTITIES LAST
THIS WEEK ONLY
10 88 EACH

MEAT

PRIME TURKEY DINDE
PRIME RAISED WITHOUT ANTIBIOTICS
EXTRA LEAN GROUND CHICKEN OR TURKEY
454 g
THIS WEEK ONLY
5 99 EACH

FRESH SELECTION PORK SAUSAGES
FAMILY PACK
9.90/KG
THIS WEEK ONLY
4 49 /LB

FRESH CHICKEN DRUMSTICKS
5.49/KG
THIS WEEK ONLY
2 49 /LB

FRESH BONE-IN PORK COMBINATION CHOPS
INCLUDING CENTRE CUT CHOPS
8.80/KG
THIS WEEK ONLY
3 99 /LB

FRESH BONELESS SKINLESS CHICKEN THIGHS
FAMILY PACK
15.41/KG
THIS WEEK ONLY
6 99 /LB

FRESH BONELESS OUTSIDE ROUND ROAST OR FAMILY PACK STEAKS
CUT FROM CANADA AA, AAA OR HIGHER GRADES OF BEEF
23.13/KG
THIS WEEK ONLY
10 49 /LB

SELECTION BACON
SELECTED VARIETIES
THIS WEEK ONLY
3 99 EACH

SCHNEIDERS SMOKED SAUSAGES
SELECTED VARIETIES
THIS WEEK ONLY
5 99 EACH

MANDARIN ASIAN STYLE ENTRÉES
FROZEN
SELECTED VARIETIES
THIS WEEK ONLY
6 99 EACH

IRRESISTIBLES FULLY COOKED MEATBALLS
FROZEN
SELECTED VARIETIES
THIS WEEK ONLY
8 99 EACH

RANA PASTA
SELECTED VARIETIES
THIS WEEK ONLY
4 99 EACH

IRRESISTIBLES PEPPERONI STICKS
SELECTED VARIETIES
THIS WEEK ONLY
6 99 EACH

LEGACY MARINATED BONELESS PORK TENDERLOIN OR BONE IN PORK CHOPS
SELECTED VARIETIES
THIS WEEK ONLY
7 99 EACH

MARC ANGELO STUFFED CHICKEN BREASTS
SELECTED VARIETIES
55 points
THIS WEEK ONLY
9 99 EACH

SUMMI SPRING ROLLS OR GYOZA
SELECTED VARIETIES
CRISPY VEGETABLE SPRING ROLLS
LOCKED DOWN
4 49 EACH

IRRESISTIBLES SLICED DELI MEAT
SELECTED VARIETIES
THIS WEEK ONLY
4 99 EACH

SUMMER FRESH SALADS
SELECTED VARIETIES
THIS WEEK ONLY
7 99 EACH

GRANDE GRATED PARMESAN
SELECTED VARIETIES
LOCKED DOWN
12 49 EACH

SEAHORSE COOKED SHRIMP
120 CT
SELECTED VARIETIES
THIS WEEK ONLY
6 49 EACH

IRRESISTIBLES SALT & PEPPER CALAMARI
FROZEN
SELECTED VARIETIES
THIS WEEK ONLY
6 99 EACH

HIGH LINER BREADED & BATTERED FISH FILLET FAMILY PACK
FROZEN
SELECTED VARIETIES
THIS WEEK ONLY
7 99 EACH

IRRESISTIBLES BREADED POPCORN SHRIMP
FROZEN
SELECTED VARIETIES
125 points
11 99 EACH

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: ☐

_____

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:

_____