



## Task Title: Make a Grocery List

### 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 look at a grocery store flyer and make a list of items they may need at home in the next week.

#### Main Competency/Task Group/Level Indicator:

- Find and Use Information/Interpret documents/Interpret documents/A2.1
- Communicate Ideas and Information/Interact with others/B1.1 OR Communicate Ideas and Information/Write continuous text/B2.1
- Communicate Ideas and Information/Complete and create documents/B3.1b
- Understand and Use Numbers/Manage money/C1.1

#### Materials Required:

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

Task Title: MakeAGroceryList\_I\_A2.1\_B1.1\_B3.1b\_C1.1

### Learner Information

Using a grocery store flyer can help you make a weekly shopping list. You may want to purchase items you use regularly when they are on sale.

Scan the "Food Basics Grocery Flyer".

# Food Basics Grocery Flyer

**food Basics CRAZY**

**8 CRAZY 188** EACH  
BLUEBERRIES  
1.5L (50.7 FL OZ)

**8 CRAZY 288** EACH  
ORANGE  
NAVEL ORANGES  
1.5L (50.7 FL OZ)

**8 CRAZY 388** EACH  
Dole CHOP CHOP SALADS & KITS  
SWEET CORN MAIS SUCRE  
CHOP CHOP KIT CHILOTES & CHEDDAR

**8 CRAZY 588** EACH  
6" POINSETTIA  
1.5L (50.7 FL OZ)

**moi rewards**  
redeem 500 points = \$4 in rewards  
join today and save  
i earn, redeem and save  
GET READY TO SAVE! GREAT PRICES START ON THURSDAY, DECEMBER 5<sup>TH</sup> TO WEDNESDAY, DECEMBER 11<sup>TH</sup>, 2024

**ALWAYS MORE FOR LESS**

**MEANS MORE WAYS TO SAVE**

**299** EACH  
SELECTION ITALIAN BREAD  
ITALIA  
1.5L (50.7 FL OZ)

**444** EACH  
THE ICE CREAMIST  
BORDEAUX CHERRY  
1.5L (50.7 FL OZ)

**444** EACH  
SELECTION OR LIFE SMART NATURALIA  
PEANUT BUTTER  
1.5L (50.7 FL OZ)

**799** EACH  
LIFE SMART NATURALIA  
BASA FILLETS  
1.5L (50.7 FL OZ)

**food Basics CRAZY HOLIDAY MORE FOR LESS 8 SALE**

**8 CRAZY 188** EACH  
SELECTION BAGELS, 7" TORTILLAS, ENGLISH MUFFINS OR OAKRIND CRUMPETS  
1.5L (50.7 FL OZ)

**8 CRAZY 488** /LB  
PRIME OR MINA HALAL BONELESS SKINLESS CHICKEN BREAST FAMILY PACK  
10.76 KG

**8 CRAZY 188** EACH  
DE CECCO PASTA  
1.5L (50.7 FL OZ)

**8 CRAZY 388** EACH  
Schneiders Ready Crisp  
1.5L (50.7 FL OZ)

**8 CRAZY 188** EACH  
I CAN'T BELIEVE IT'S NOT BUTTER!  
1.5L (50.7 FL OZ)

**8 CRAZY 388** EACH  
Schneiders Blue Ribbon  
1.5L (50.7 FL OZ)

**8 CRAZY 188** EACH  
CLOVER LEAF ALBACORE TUNA  
1.5L (50.7 FL OZ)

**8 CRAZY 288** EACH  
HEREFORD CORNED BEEF BOEUF SALE  
1.5L (50.7 FL OZ)

**8 CRAZY 788** EACH  
Tide Simply All in One Laundry Detergent  
1.5L (50.7 FL OZ)

**8 CRAZY 488** EACH  
Black Diamond Marble  
1.5L (50.7 FL OZ)

**i earn, redeem and save with moi rewards**  
GET READY TO SAVE! GREAT PRICES START ON THURSDAY, DECEMBER 5<sup>TH</sup> TO WEDNESDAY, DECEMBER 11<sup>TH</sup>, 2024



# CRAZY SALE

**LACTANTIA PURIFITTE MILK** 1L 1% **8 CRAZY 5.98** EACH

**BEATRICE CHOCOLATE MILK** 1L 1% **8 CRAZY 5.98** EACH

**SCHNEIDERS PEPPERETTES** 100g **8 CRAZY 6.88** EACH

**NATREL LACTOSE FREE OR ORGANIC MILK** 1L 1% **8 CRAZY 4.88** EACH

**CRAVE delux** 100g **8 CRAZY 2.88** EACH

**BLACK DIAMOND SLICES** 40g **8 CRAZY 3.88** EACH

**GOLDFISH CRACKERS** 100g **8 CRAZY 2.48** EACH

**TIM HORTONS SOUP** 100g **8 CRAZY 2.48** EACH

**QUAKER OATS** 100g **8 CRAZY 2.88** EACH

**NABOB GROUND COFFEE** 100g **8 CRAZY 10.88** EACH

**MAXWELL HOUSE COFFEE CAPSULES** 100g **8 CRAZY 10.88** EACH

**DORITOS, RUFFLES POTATO CHIPS OR CHEETOS** 100g **8 CRAZY 2.68** EACH

**COCA-COLA, CANADA DRY GINGER ALE OR PEPSI** 100g **8 CRAZY 6.88** EACH

**ESKA SPRING WATER** 1L 1% **8 CRAZY 3.88** EACH

**CASHMERE BATHROOM TISSUE** 100g **8 CRAZY 6.88** EACH

**SCOTTIES FACIAL TISSUE** 100g **8 CRAZY 6.88** EACH

## i earn with moi rewards

redeem and save on what i buy most often

redeem **500** points = **\$4** in rewards

join today and save

50 points THIS WEEK ONLY **12.99** EACH

**ULTIMATE** 20 points THIS WEEK ONLY **4.99** EACH

**SCHNEIDERS** 25 points THIS WEEK ONLY **5.99** EACH

**IOGO** 25 points LOCKED DOWN **5.99** EACH

**CASTELLO HAVARTI** 40 points LOCKED DOWN **8.99** EACH

**PIZZA POPS** 15 points LOCKED DOWN **3.33** EACH

**EARTH'S OWN OAT BEVERAGE** 10 points LOCKED DOWN **2.99** EACH

**EGGO** 30 points LOCKED DOWN **4.99** EACH

**KELOGG'S EGGO WAFFLES** 30 points LOCKED DOWN **4.99** EACH

**TOASTER STRUDEL** 15 points LOCKED DOWN **3.33** EACH

**BURNBRAE MINI EGG BITES/QUICHE** 40 points LOCKED DOWN **6.49** EACH

**VINTA** 20 points LOCKED DOWN **2.99** EACH

**BRETON** 20 points LOCKED DOWN **2.99** EACH

**FLEECY FABRIC SOFTENER SHEETS** 25 points LOCKED DOWN **5.99** EACH

**GLAD CLING WRAP** 20 points LOCKED DOWN **4.99** EACH

**FINCH POWERBALL QUANTUM ULTIMAX DISHWASHER TABS** 50 points LOCKED DOWN **13.99** EACH



## PRODUCE

<p><b>SWEET POTATOES</b> PRIMA D'OR LARGE PURPLE SWEET POTATOES PRODUCT OF U.S.A., MINIMUM 100% SOLIDS 2.82/KG</p> <p><b>THIS WEEK ONLY</b></p> <p><b>1<sup>28</sup></b> /LB</p>	<p><b>TOMATOES ON THE VINE</b> PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE 4.37/KG</p> <p><b>THIS WEEK ONLY</b></p> <p><b>1<sup>98</sup></b> /LB</p>
<p><b>BLACKBERRIES OR RASPBERRIES</b> PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>3<sup>98</sup></b> EACH</p>	<p><b>BROCCOLI CROWNS</b> PRODUCT OF U.S.A. &amp; MEXICO</p> <p><b>THIS WEEK ONLY</b></p> <p><b>1<sup>98</sup></b> EACH</p>

<p><b>AVOCADOS</b> PRODUCT OF MEXICO, NO. 1 GRADE 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>3<sup>98</sup></b> EACH</p>	<p><b>RED, YELLOW OR ORANGE PEPPERS</b> PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>3<sup>98</sup></b> /LB</p>
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<p><b>LITTLE POTATO CO.</b> LPC POTATO KITS PRODUCT OF CANADA, NO. 1 GRADE 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>2/\$7</b></p>	<p><b>HONEY CRISP</b> ONTARIO APPLES PRODUCT OF CANADA, NO. 1 GRADE 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>4<sup>98</sup></b> EACH</p>
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<p><b>GREEN CABBAGE</b> PRODUCT OF CANADA, NO. 1 GRADE 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>88¢</b> /LB</p>	<p><b>RED OR GREEN SEEDLESS GRAPES</b> PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>3<sup>98</sup></b> /LB</p>
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<p><b>FRESH ATTITUDE SALADS &amp; KITS</b> SELECTED VARIETIES</p> <p><b>THIS WEEK ONLY</b></p> <p><b>4<sup>98</sup></b> EACH</p>	<p><b>CLEMENTINES</b> PRODUCT OF MEXICO, NO. 1 GRADE 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>6<sup>88</sup></b> EACH</p>
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<p><b>CANARY MELON</b> PRODUCT OF CANADA, NO. 1 GRADE 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>1<sup>28</sup></b> /LB</p>	<p><b>WHITE, YELLOW, RED OR RUSSET POTATOES</b> PRODUCT OF CANADA, NO. 1 GRADE 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>3<sup>98</sup></b> EACH</p>	<p><b>GRAPE TOMATOES</b> PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>2<sup>98</sup></b> EACH</p>	<p><b>ONTARIO BARTLETT OR BOSCH PEARS</b> PRODUCT OF CANADA, NO. 1 GRADE 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>3<sup>98</sup></b> EACH</p>
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## FLORAL

<p><b>8 STEM TULIPS</b> SELECTED VARIETIES</p> <p><b>THIS WEEK ONLY</b></p> <p><b>\$7</b> EACH</p>	<p><b>5 STEM ROSES</b> SELECTED VARIETIES</p> <p><b>THIS WEEK ONLY</b></p> <p><b>\$7</b> EACH</p>	<p><b>12 STEM POINSETTIA</b> SELECTED VARIETIES</p> <p><b>THIS WEEK ONLY</b></p> <p><b>9<sup>98</sup></b> EACH</p>	<p><b>5" PREMIUM ORCHIDS</b> SELECTED VARIETIES</p> <p><b>THIS WEEK ONLY</b></p> <p><b>14<sup>98</sup></b> EACH</p>
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## MEAT

<p><b>PRIME TURKEY TENDERLOIN</b> 60g-1lb</p> <p><b>THIS WEEK ONLY</b></p> <p><b>5<sup>99</sup></b> EACH</p>	<p><b>PRIME RAISED WITHOUT ANTIBIOTICS GROUND CHICKEN OR TURKEY</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>4<sup>49</sup></b> /LB</p>
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<p><b>FRESH WHOLE CHICKEN WINGS</b> SELECTED VARIETIES</p> <p><b>THIS WEEK ONLY</b></p> <p><b>3<sup>49</sup></b> /LB</p>	<p><b>FRESH MEDIUM GROUND BEEF FAMILY PACK</b> 13.21/KG</p> <p><b>THIS WEEK ONLY</b></p> <p><b>5<sup>99</sup></b> /LB</p>
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<p><b>COHO SALMON FILLET</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>11<sup>99</sup></b> /LB</p>	<p><b>FRESH BONELESS INSIDE BLADE ROAST OR FAMILY PACK STEAKS</b> 24.23/KG</p> <p><b>THIS WEEK ONLY</b></p> <p><b>10<sup>99</sup></b> /LB</p>
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<p><b>FLETCHER'S CURED PORK CABBAGE ROLLS</b> 6.95/KG</p> <p><b>THIS WEEK ONLY</b></p> <p><b>2<sup>99</sup></b> /LB</p>	<p><b>MAPLE SYRUP</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>2/\$5</b></p>	<p><b>SCHNEIDER'S BREAKFAST SAUSAGES OR EGG BITES</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>5<sup>99</sup></b> EACH</p>	<p><b>LOU'S KITCHEN OR KALO'S COOKED ENTREES</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>9<sup>99</sup></b> EACH</p>
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<p><b>IRRESISTIBLES HUMMUS OR DIPS</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>3<sup>49</sup></b> EACH</p>	<p><b>PILLER'S KOLBASSA OR PEPPERONI FOR PIZZA</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>5<sup>99</sup></b> EACH</p>	<p><b>IRRESISTIBLES ARTISAN SMOKED BONELESS HALF MOON HAM</b> 13.21/KG</p> <p><b>THIS WEEK ONLY</b></p> <p><b>5<sup>99</sup></b> /LB</p>	<p><b>MARC ANGELO JUNIOR PORK SAUSAGES</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>6<sup>99</sup></b> EACH</p>
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<p><b>TORREBELLINI FRESH PASTA</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>2<sup>49</sup></b> EACH</p>	<p><b>O'SOLE MIO FRESH PASTA</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>2<sup>49</sup></b> EACH</p>	<p><b>MONSEIGNEUR GUSTAV GOUDA OR CAMEMBERT</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>3<sup>99</sup></b> EACH</p>	<p><b>PILLER'S CACCIASTORE OR SLICED GENOA OR SAN DANIELE PROSCIUTTO</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>6<sup>49</sup></b> EACH</p>	<p><b>MASTRO CACCIASTORE OR SLICED GENOA OR SAN DANIELE PROSCIUTTO</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>7<sup>99</sup></b> EACH</p>
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<p><b>IRRESISTIBLES SALT &amp; PEPPER CALAMARI</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>6<sup>99</sup></b> EACH</p>	<p><b>NORTHERN KING WHOLE TILAPIA OR ANCHOVY BAY COOKED SHRIMP</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>7<sup>49</sup></b> EACH</p>	<p><b>LIFE SMART NATURAL FISH FILLETS</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>8<sup>99</sup></b> EACH</p>	<p><b>HADDOCK</b> 100% SOLIDS</p> <p><b>THIS WEEK ONLY</b></p> <p><b>12<sup>99</sup></b> EACH</p>
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## LOCKED DOWN

ACTIVIA YOGURT  
SELECTED VARIETIES

QUAKER CRISPY MINIS  
SELECTED VARIETIES

GAY LEA SOUR CREAM  
SELECTED VARIETIES

NUTELLA HAZELNUT SPREAD  
SELECTED VARIETIES

BURBIA EGG CREATIONS  
SELECTED VARIETIES

PRINGLES  
SELECTED VARIETIES

TWININGS HERBAL TEA  
SELECTED VARIETIES

NESTLE CARAMEL HOT CHOCOLATE MIX  
SELECTED VARIETIES

CLUB HOUSE SPICES  
SELECTED VARIETIES

CATELLI GLUTEN FREE PASTA  
SELECTED VARIETIES

VOORTMAN WATER COOKIES  
SELECTED VARIETIES

CAMPBELL'S BROTH  
SELECTED VARIETIES

HARVEST SNAPS PEA SNACKS  
SELECTED VARIETIES

PRIMO LASAGNE  
SELECTED VARIETIES

CLOROX BLEACH  
SELECTED VARIETIES

LYSOL DISINFECTANT WIPES  
SELECTED VARIETIES

PLEDGE FURNITURE POLISH  
SELECTED VARIETIES

BRITA WATER FILTER JUG  
SELECTED VARIETIES

## FREE \$10 Food Basics gift card

with the purchase of a \$50 Reitmans or Uber gift card

Offer valid December 5 - 11

Available at **food Basics**

## ALWAYS GREAT PRICE

CREAMY CREMEUX YOGURT  
SELECTED VARIETIES

SELECTION STRAIGHT FRIED POTATOES  
SELECTED VARIETIES

LIFE SMART NATURALIA TORTILLA CHIPS  
SELECTED VARIETIES

LIFE SMART DARK RED KIDNEY BEANS  
SELECTED VARIETIES

SELECTION OR LIFE SMART MIXED NUTS  
SELECTED VARIETIES

SELECTION DRINKS  
SELECTED VARIETIES

SELECTION MACARONI & CHEESE  
SELECTED VARIETIES

SELECTION ENTREEES  
SELECTED VARIETIES

SELECTION SOUP  
SELECTED VARIETIES

SELECTION CHOCOLATE COVERED ALMONDS  
SELECTED VARIETIES

SELECTION CRACKERS  
SELECTED VARIETIES

SELECTION PARMESAN CHEESE  
SELECTED VARIETIES

SELECTION CHERRY PIE FILLING  
SELECTED VARIETIES

SELECTION SNACKS OR IRRESISTIBLES POPCORN  
SELECTED VARIETIES

SELECTION BULKY DETERGENT  
SELECTED VARIETIES

SELECTION ALUMINUM FOIL  
SELECTED VARIETIES

SELECTION FACIAL TISSUE  
SELECTED VARIETIES

SELECTION BATHROOM TISSUE  
SELECTED VARIETIES

## Work Sheet

**Task 1: Look over the flyer and think about the grocery items you might need at home over the next week.**

- a) Write a grocery list with at least ten items on it. Try to find some items on sale if you can.**
- b) Add the prices for the items on your list. Some grocery store items have tax added, and some do not. For this task, add the price exactly as it is listed in the flyer. This is the price without tax and your total cost for your grocery items would probably be higher.**

Answer:

GROCERY ITEM	PRICE

Task Title: MakeAGroceryList\_I\_A2.1\_B1.1\_B3.1b\_C1.1

**Task 2: Show your grocery list to your instructor. Explain why using a flyer like this is helpful. Give your instructor at least two reasons. (If you are doing this task online and unable to talk to your instructor, write your answer below.)**

Answer:

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