



## Task Title: Make a Grocery List

### OALCF Cover Sheet – Practitioner 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

**8 CRAZY 288** EACH  
ORANGE

**8 CRAZY 388** EACH  
Dole CHOP CHOP SALADS & KITS

**8 CRAZY 588** EACH  
6" POINSETTIA

**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

**444** EACH  
THE ICE CREAMIST BORDO CHERRY

**444** EACH  
SELECTION OR LIFE SMART NATURALIA PEANUT BUTTER

**799** EACH  
LIFE SMART NATURALIA BASA FILLETS

**food Basics CRAZY**

**HOLIDAY MORE FOR LESS 8 SALE**

**8 CRAZY 188** EACH  
SELECTION BAGELS, 7" TORTILLAS, ENGLISH MUFFINS OR OAKRIND CRUMPETS

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

**8 CRAZY 188** EACH  
DE CECCO PASTA

**8 CRAZY 388** EACH  
Schneiders Ready Crisp

**8 CRAZY 188** EACH  
I CAN'T BELIEVE IT'S NOT BUTTER!

**8 CRAZY 388** EACH  
Schneiders Blue Ribbon

**8 CRAZY 188** EACH  
CLOVER LEAF ALBACORE TUNA

**8 CRAZY 288** EACH  
HEREFORD CORNED BEEF

**8 CRAZY 788** EACH  
Tide Simply All in One Laundry Detergent

**8 CRAZY 488** EACH  
Black Diamond Marble

**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



[illegible]

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920202



## PRODUCE

**SWEET POTATOES**  
PRIMA QUALITY  
LARGE PURPLE SWEET POTATOES  
PRODUCT OF U.S.A., MINIMUM 1.50 KG  
2.82/KG

**THIS WEEK ONLY**

**1<sup>28</sup>** /LB

**TOMATOES ON THE VINE**  
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE  
4.37/KG

**THIS WEEK ONLY**

**1<sup>98</sup>** /LB

**BLACKBERRIES OR RASPBERRIES**  
PRODUCT OF CANADA, U.S.A. OR MEXICO  
NO. 1 GRADE, 1.50 KG

**THIS WEEK ONLY**

**3<sup>98</sup>** EACH

**BROCCOLI CROWNS**  
PRODUCT OF U.S.A. & MEXICO

**THIS WEEK ONLY**

**1<sup>98</sup>** EACH

**AVOCADOS**  
PRODUCT OF MEXICO, U.S.A. OR U.S.A.  
PRIME, 1.50 KG

**THIS WEEK ONLY**

**3<sup>98</sup>** EACH

**RED, YELLOW OR ORANGE PEPPERS**  
PRODUCT OF CANADA, U.S.A. OR MEXICO  
8.77/KG

**THIS WEEK ONLY**

**3<sup>98</sup>** /LB

**LITTLE POTATO CO.**  
"WE LOVE LOCAL"  
LPC POTATO KITS  
PRODUCT OF CANADA  
1.50 KG

**THIS WEEK ONLY**

**2/\$7**

**HONEY CRISP**  
"WE LOVE LOCAL"  
ONTARIO APPLES  
PRODUCT OF CANADA  
1.50 KG  
SHRIMP, 1.50 KG

**THIS WEEK ONLY**

**4<sup>98</sup>** EACH

**GREEN CABBAGE**  
PRIMA QUALITY, 1.50 KG  
1.94/KG

**THIS WEEK ONLY**

**88¢** /LB

**EXTRA LARGE**  
**RED OR GREEN SEEDLESS GRAPES**  
PRODUCT OF U.S.A. & MEXICO  
8.77/KG

**THIS WEEK ONLY**

**3<sup>98</sup>** /LB

**FRESH ATTITUDE SALADS & KITS**  
1.50 KG  
SELECTED FRESH FRUITS

**THIS WEEK ONLY**

**4<sup>98</sup>** EACH

**4 LB**  
**CLEMENTINES**  
PRODUCT OF U.S.A. & MEXICO

**THIS WEEK ONLY**

**6<sup>88</sup>** EACH

**CANARY MELON**  
PRIMA QUALITY, 1.50 KG  
2.82/KG

**THIS WEEK ONLY**

**1<sup>28</sup>** /LB

**WHITE, YELLOW, RED OR RUSSET POTATOES**  
PRIMA QUALITY, 1.50 KG  
CANADA NO. 1 GRADE, 1.50 KG

**THIS WEEK ONLY**

**3<sup>98</sup>** EACH

**GRAPE TOMATOES**  
PRIMA QUALITY, 1.50 KG  
NO. 1 GRADE, 1.50 KG

**THIS WEEK ONLY**

**2<sup>98</sup>** EACH

**ONTARIO BARTLETT OR BOSCH PEARS**  
PRIMA QUALITY, 1.50 KG  
CANADA NO. 1 GRADE, 1.50 KG

**THIS WEEK ONLY**

**3<sup>98</sup>** EACH

## FLORAL

**8 STEM TULIPS**  
PRIMA QUALITY, 1.50 KG  
NO. 1 GRADE, 1.50 KG

**THIS WEEK ONLY**

**\$7** EACH

**5 STEM ROSES**  
PRIMA QUALITY, 1.50 KG  
NO. 1 GRADE, 1.50 KG

**THIS WEEK ONLY**

**\$7** EACH

**12 STEM POM BOUQUET**  
PRIMA QUALITY, 1.50 KG  
NO. 1 GRADE, 1.50 KG

**THIS WEEK ONLY**

**9<sup>98</sup>** EACH

**5" PREMIUM ORCHIDS**  
PRIMA QUALITY, 1.50 KG  
NO. 1 GRADE, 1.50 KG

**THIS WEEK ONLY**

**14<sup>98</sup>** EACH

## MEAT

**PRIME TURKEY TENDERLOIN**  
PRIME RAISED WITHOUT ANTIBIOTICS  
GROUND CHICKEN OR TURKEY  
6.54-1B

**THIS WEEK ONLY**

**5<sup>99</sup>** EACH

**PRIME PORK TENDERLOIN**  
PRIME RAISED WITHOUT ANTIBIOTICS  
GROUND CHICKEN OR TURKEY  
6.54-1B

**THIS WEEK ONLY**

**4<sup>49</sup>** /LB

**FRESH WHOLE CHICKEN WINGS**  
PRIME, 1.50 KG  
7.69/KG

**THIS WEEK ONLY**

**3<sup>49</sup>** /LB

**FRESH MEDIUM GROUND BEEF**  
FAMILY PACK 13.21/KG

**THIS WEEK ONLY**

**5<sup>99</sup>** /LB

**COHO SALMON FILLET**  
PRIME, 1.50 KG  
25.43/KG

**THIS WEEK ONLY**

**11<sup>99</sup>** /LB

**FRESH BONELESS INSIDE BLADE ROAST OR FAMILY PACK STEAKS**  
1.50 KG, 24.23/KG

**THIS WEEK ONLY**

**10<sup>99</sup>** /LB

**FLETCHER'S PORK CHOPS**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**2<sup>99</sup>** /LB

**SOCLE PORK CHOPS**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**2/\$5**

**SCHNEIDER'S BREAKFAST SAUSAGES OR EGG BITES**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**5<sup>99</sup>** EACH

**LOU'S KITCHEN OR KALOU'S KITCHEN COOKED ENTREES**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**9<sup>99</sup>** EACH

**IRRESISTIBLES HUMMUS OR DIPS**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**3<sup>49</sup>** EACH

**PILLER'S KOLBASSA OR PEPPERONI FOR PIZZA**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**5<sup>99</sup>** EACH

**IRRESISTIBLES ARTISAN SMOKED BONELESS HALF MOON HAM**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**5<sup>99</sup>** /LB

**MARC ANGELO JUNIOR PORK SAUSAGES**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**6<sup>99</sup>** EACH

**TORREBELLINI FRESH PASTA**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**2<sup>49</sup>** EACH

**O'SOLE MIO FRESH PASTA**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**3<sup>99</sup>** EACH

**MONSEIGNEUR GUSTAV GOUDA OR CAMEMBERT**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**6<sup>49</sup>** EACH

**PILLER'S CACCIAIORE OR SLICED GENOA OR SAN DANIELE PROSCIUTTO**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**7<sup>99</sup>** EACH

**IRRESISTIBLES SALT & PEPPER CALAMARI**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**6<sup>99</sup>** EACH

**NORTHERN KING WHOLE TILAPIA OR ANCHOVY BAY COOKED SHRIMP**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**7<sup>49</sup>** EACH

**LIFE SMART NATURAL FISH FILLETS**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**8<sup>99</sup>** EACH

**HADDOCK**  
PRIME, 1.50 KG  
6.54-1B

**THIS WEEK ONLY**

**12<sup>99</sup>** EACH



## LOCKED DOWN

ACTIVIA YOGURT  
SELECTED VARIETIES

QUAKER CRISPY MINIS  
SELECTED VARIETIES

GAY LEA SOUR CREAM  
SELECTED VARIETIES

NUTELLA HAZELNUT SPREAD  
SELECTED VARIETIES

BURNBRAE 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

VORTRAN 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  
SELECTED VARIETIES

STRAIGHT REGULIERES  
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:

---



## Answers

Answers will vary.

### Performance Descriptors

| Levels          | Performance Descriptors  | Needs Work | Completes task with support from practitioner | Completes task independently |
|-----------------|--|------------|---|------------------------------|
| A2.1            | scans to locate specific details   |            |   |                              |
|                 | interprets brief text and common symbols   |            |   |                              |
|                 | locates specific details in simple documents, such as labels and signs           |            |   |                              |
| B1.1            | conveys information on familiar topics   |            |   |                              |
|                 | participates in short simple exchanges   |            |   |                              |
|                 | chooses appropriate language in exchanges with clearly defined purposes          |            |   |                              |
|                 | speaks or signs clearly in a focused or organized way                            |            |   |                              |
| B2.1 (optional) | conveys simple ideas and factual information                                     |            |   |                              |
|                 | uses sentence structure, upper and lower case, and basic punctuation             |            |   |                              |
|                 | uses highly familiar vocabulary  |            |   |                              |
| B3.1b           | follows conventions to display information in lists, labels, simple forms, signs |            |   |                              |

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

| Levels       | Performance Descriptors   | Needs Work | Completes task with support from practitioner | Completes task independently |
|--------------|---|------------|---|------------------------------|
| B3.1b cont'd | organizes lists to suit purpose (e.g. chronologically, alphabetically, numerically, sequentially)                             |            |   |                              |
|              | includes titles where required  |            |   |                              |
| C1.1         | recognizes value in number and word format  |            |   |                              |
|              | adds, subtracts, multiplies and divides whole numbers and decimals  |            |   |                              |
|              | interprets and represents costs using monetary symbols and decimals   |            |   |                              |
|              | uses strategies to check accuracy (e.g. estimating, using a calculator, repeating a calculation, using the reverse operation) |            |   |                              |

This task: Was successfully completed ☐ Needs to be tried again ☐



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

Learner Comments:

Instructor (print):

Learner (print):