



Mission

Your team will plan **one meal**—breakfast, lunch, or dinner—for a **family of four** using only items from the Meijer grocery flyers. You'll need to:

- Stay under budget
- Include at least 3 food groups
- Make smart choices
- And maybe even stretch your meal into a snack!



Time to Play: 15–20 Minutes

Team Setup

- 4 people per team
- Each team gets:
 - A worksheet
 - A pencil
 - Meijer flyers (printed)



How to Play

1. Choose your meal type. We will bring you a worksheet for that meal to fill out, including your budget amount.
2. Look through the flyers and pick your ingredients.
3. Fill out your worksheet with:
 - Meal name and items
 - Total cost
 - Food groups used
 - Why your meal is balanced
 - How you stayed within budget
 - Any creative choices
 - (Optional) Stretch It Snack idea

4. Turn in your worksheet for scoring!



Rules

1. **Pick one meal** to plan:
 - ☐ Breakfast (Budget: \$12)
 - ☐ Lunch (Budget: \$15)
 - ☐ Dinner (Budget: \$18)
2. **Use only items from the flyers**—no outside ingredients. If you're able to order a smaller quantity at the store (i.e., lunch meat), then it's allowed.
3. **Include at least 3 food groups** in your meal:
 - 🥬 Fruits or Vegetables
 - 🍖 Protein (meat, eggs, beans, etc.)
 - 🍞 Grains (bread, rice, pasta, etc.)
 - 🥛 Dairy or alternatives (milk, yogurt, etc.)
4. **No duplicate items** unless needed for quantity.
5. **Stretch It Snack Bonus:**
If you have money left over, you can earn **+2 bonus points** by:
 - Reusing **one ingredient** from your meal
 - Adding **one new item** from the flyer
 - Creating a **simple snack idea**

Scoring

Category	Points
Stayed within budget	5
Included 3+ food groups	5
Creative meal combinations	5
Smart shopping strategy	5
Stretch It Snack Bonus	+2

Max Score: 22 points

Weekly deals

grocery



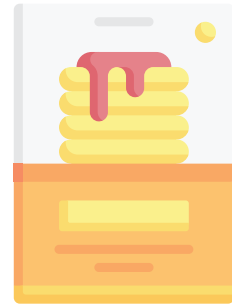
CEREAL (14 OZ)

\$3.25



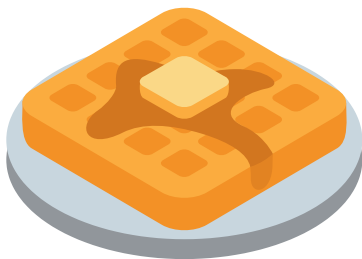
OATMEAL (10 CT)

\$3.50



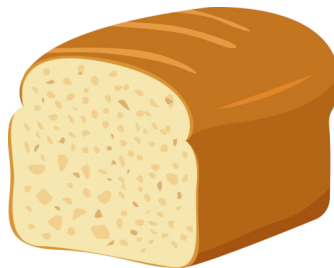
PANCAKE MIX (32 OZ.)

\$2.75



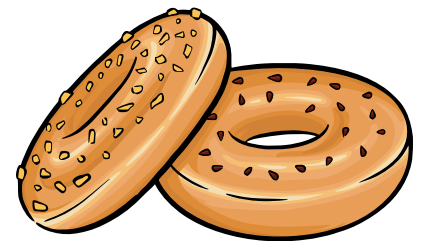
FROZEN WAFFLES

(10 CT.) \$3.00



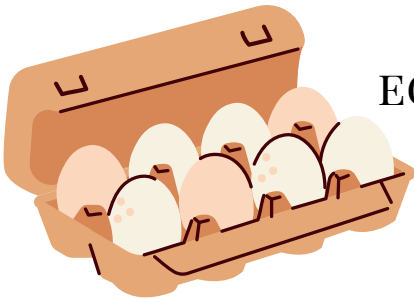
BREAD (1) LOAF

\$2.50



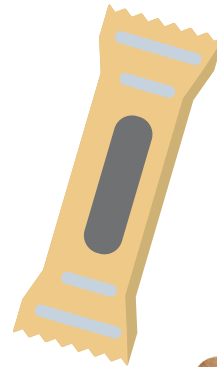
BAGELS (6 CT.)

\$3.25



EGGS (1 DOZEN)

\$3.00



GRANOLA BARS (6)

\$4.25



PEANUT BUTTER

\$3.25



MAPLE SYRUP

\$3.25



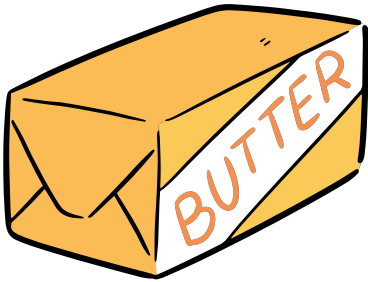
HONEY (12 OZ.)

\$4.25



NEW LIFESKILLS
FOUNDATION

Weekly deals



BUTTER (1 LB.)

\$4.00



CINNAMON

\$2.25



JELLY (16 OZ.)

\$3.25



MILK (1 GALLON)

\$2.75



ORANGE JUICE (64 OZ.)

\$3.00



WATER (24CT.)

\$5.00



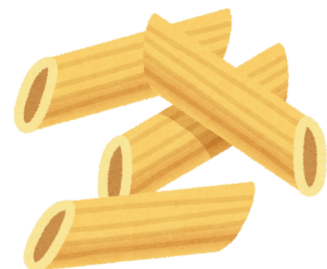
COFFEE (GROUND)

\$8.50



RICE

1LB. \$1.00



PASTA

1 LB. \$1.00

2



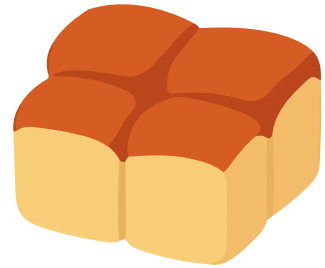
Weekly deals



3 LBS. POTATOES
\$3.00



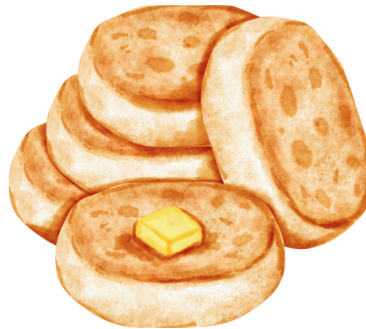
QUINOA
\$5.00



DINNER ROLLS (12 CT.)
\$2.25



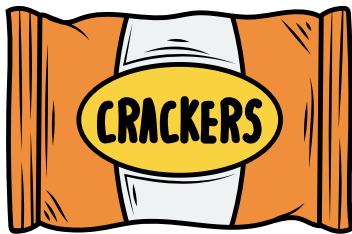
PITA POCKETS
\$3.25 PER PACK



ENGLISH MUFFINS
(6 CT.) \$2.75



BAKERY MUFFINS
(4 CT.) \$4.50



CRACKERS
\$3.00



MAYO
\$2.50



MUSTARD
\$1.75

Weekly deals



KETCHUP

\$2.25



SALAD DRESSING

\$3.75



PICKLES

\$3.00



OLIVES

\$2.25



PRETZELS

\$2.50



POPCORN

\$3.50



POTATO CHIPS

\$2.00



TOMATO SAUCE

24 OZ. \$2.00

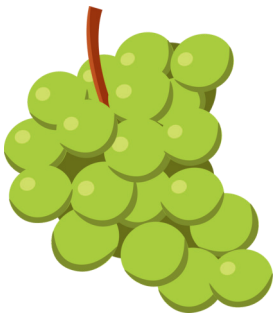


YOGURT (4 PACK))

\$2.00

Weekly deals

produce



GRAPES (1 LB.)
\$2.50



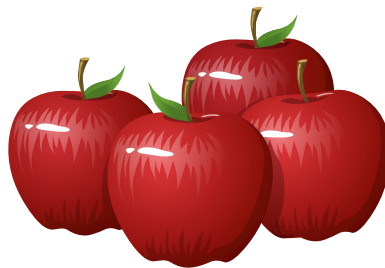
RAISINS (1 BOX, 6 CT.
MINI PACK) \$3.00



ORANGES (4 LBS.)
\$5.00



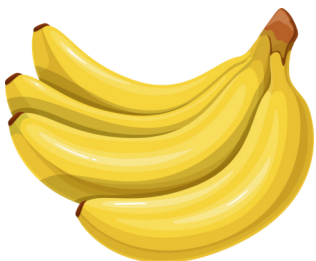
BLUEBERRIES
(1 PINT) \$3.50



APPLIES (4)
\$3.00



STRAWBERRIES
(1 LB.) \$3.75



BANANAS (BUNCH)
\$1.50



CARROTS
1 LB. \$1.00



CELERY STICKS
\$2.00



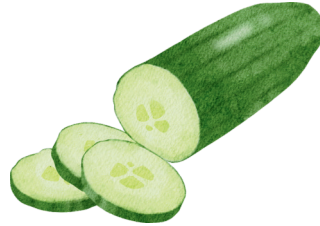
Weekly deals

produce



CHERRY TOMATOES

\$2.75



CUCUMBER SLICES

\$1.25



LETTUCE

\$2.00



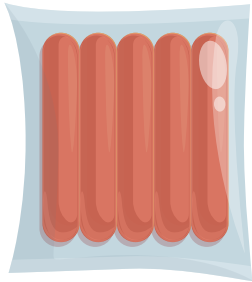
SPINACH

1 LB. \$2.00



Weekly deals

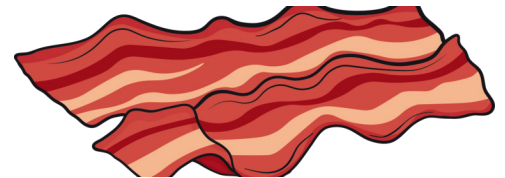
meats & seafood



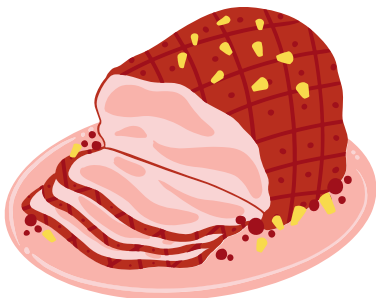
TURKEY SAUSAGE
(12 OZ) \$4.50



PORK SAUSAGE
(12 OZ) \$3.50



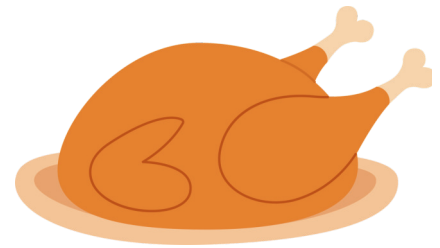
BACON (12 OZ)
\$5.50



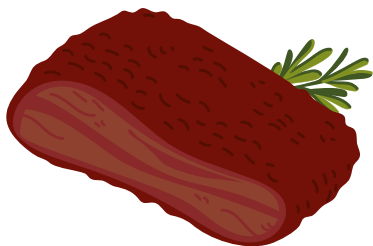
DELI SLICED HAM
(1 LB) \$9.50



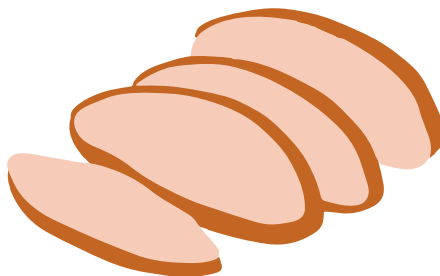
CHEESE SLICES (10 CT.)
\$3.75



DELI SLICED TURKEY
1 LB. \$10.50



DELI SLICED ROAST BEEF (1 LB.) \$11.50



DELI SLICED CHICKEN
1 LB. \$10.00



CANNED TUNA
\$1.25 PER 7

Weekly deals

meats & seafood



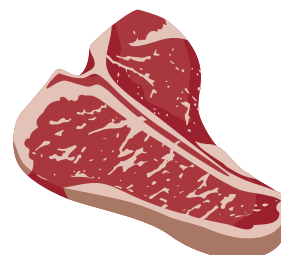
HUMMUS

\$3.75



GROUND BEEF

1 LB. \$5.00



STEAK

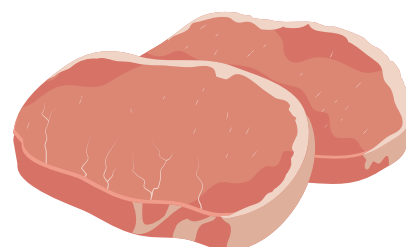
\$7.00 PER LB



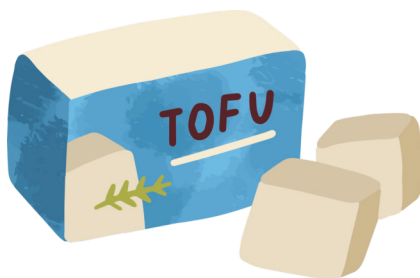
SALMON (4)
FILLETS \$20.00



SHRIMP
\$6.50 PER LB



PORK CHOPS
\$5.75 PER LB



TOFU PER BLOCK
\$2.25



CHICKEN BREAST
1 LB. \$6.50



Smart Shopper Mini-Challenge



NEW LIFESKILLS
FOUNDATION

Budget Limit: **\$12.00**

Meal Name: _____

Breakfast Plan:

Quantity	Food Item	Cost	Food Groups Checklist (check at least 3):
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
Total Cost			



Why is your breakfast balanced?



Smart Shopper Mini-Challenge

💰 How did you stay within budget?

🎨 Any creative choices?

🍪 Stretch It Snack Bonus (Optional)

Did you have money left over to make a snack?

☐ Yes ☐ No

Main ingredient reused: _____

New item added: _____

Snack idea: _____

Extra money spent: \$ _____



Smart Shopper Mini-Challenge



NEW LIFESKILLS
FOUNDATION

Budget Limit: **\$15.00**

Meal Name: _____



Lunch Plan:

Quantity	Food Item	Cost	Food Groups Checklist (check at least 3):
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
Total Cost			



Why is your lunch balanced?



Smart Shopper Mini-Challenge



How did you stay within budget?



Any creative choices?



Stretch It Snack Bonus (Optional)

Did you have money left over to make a snack?

☐ Yes ☐ No

Main ingredient reused: _____

New item added: _____

Snack idea: _____

Extra money spent: \$ _____



Smart Shopper Mini-Challenge

Budget Limit: **\$18.00**

Meal Name: _____

 Dinner Plan:

Quantity	Food Item	Cost	Food Groups Checklist (check at least 3):
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
			☐ Produce ☐ Protein ☐ Grains ☐ Dairy or alternatives
Total Cost			

 Why is your dinner balanced?



Smart Shopper Mini-Challenge

💰 How did you stay within budget?

🎨 Any creative choices?

🍪 Stretch It Snack Bonus (Optional)

Did you have money left over to make a snack?

☐ Yes ☐ No

Main ingredient reused: _____

New item added: _____

Snack idea: _____

Extra money spent: \$ _____



BUILD YOUR OWN TRAIL MIX



PREP TIME: 10 MINUTES

1 WEEK, 5 BAGS

Ingredients:

2 cup Cheerios

1 cup pretzels (mini or sticks, broken into pieces)

1/2 cup mini marshmallows

1/2 cup dried fruit (raisins or craisins)

1/2 cup Goldfish crackers or Cheez-its

1/4 cup chocolate chips or M&Ms

Directions:

1. In a large bowl, combine all ingredients.
2. Mix well.
3. Divide into 5 snack-size bags (about $\frac{3}{4}$ cup per bag).
4. Store in a cool, dry place for up to 1 week.

Notes:



New LifeSkills Foundation

Unlock your potential, Empower your future

nlfsmi.org