



Grocery

Volunteer Responsibilities:

- It is your responsibility to collect monthly grocery payments from all participants.
- Ensure the participant writes in **“Grocery (specify type)”** on the bank ledger. Assist in calculating the deduction from the checking account when needed.
- Initial the participant’s card to indicate that the participant visited your booth.

Pricing based on July 2022 USDA Food Plans. All meals and snacks are prepared at home.

Thrifty Plan –This plan is provides a representative healthful and minimal cost meal plan that shows how a nutritious diet may be achieved with limited resources.

Low Cost Plan – Purchase store brands for basic foods. The Plans offer a more realistic reflection of the time available for home food preparation; hence, each plan incorporates more prepared foods within the recipes and requires fewer preparations from scratch.

Moderate Plan – Purchase name brands for basic foods. The Plans offer a more realistic reflection of the time available for home food preparation; hence, each plan incorporates more prepared foods within the recipes and requires fewer preparations from scratch.

Dining Out – Purchase name brands for basic foods with realistic reflection of time available for home food preparation. Additional allowance for 10 meals/treats out with an average cost of \$15 per person. (\$150 budget of \$6 gourmet coffees yields 25 cups)

		Monthly Costs - Plans			
Participant Code	Size	Thrifty	Low-cost	Moderate	Dining Out & Cooking
S+K1	Single, 1 Kid	400	465	570	870
S+K2	Single, 2 Kids	565	665	820	1,270
M+K1	Married, 1 Kid	635	725	895	1,345
M+K2	Married, 2 Kids	800	930	1,145	1,745