

The Grocery Challenge Project Details

First - Choose your first recipe.

Next - Go to the grocery store(s) in person or online. Shop or pretend shop for the ingredients from your recipe.

This is your guide to [Grocery Smart\\$](#)

This is How - Write down the name, brand, size/quantity and price of the items you choose. Also write down at least one competing item that played a role in your decision. For example, you realize there was a generic brand of a can of re-fried beans and they were \$0.50 less than the one you chose, but they were non-fat and you consciously decided non-fat is worth the extra \$0.50.

Calculate - If you are not actually purchasing the items, bring a calculator and total the cost of your pretend purchases. Add the sales tax for your state to see the final total.

What exactly am I looking for?

The purpose of this project is to see how much items cost and what type of decisions have to be made to purchase ingredients for a recipe or to simply stock your cabinets, refrigerator and freezer.

Your Grocery Smart\$ guide explains what you are looking for while making a decision – there's no right or wrong answer either, in some instances you might want more fat or sodium in an ingredient.