*Get Ready to Take the Shopping Challenge!*

*What is the Shopping Challenge?*

One day you will live on your own or in the least, have to purchase your own groceries, so I challenge you to create a two week menu and shopping list that will include all of the food and beverage items you will need to survive two weeks without starving or becoming dehydrated. To complete this challenge, you will be using [www.peapod.com](http://www.peapod.com), your **knowledge of the food pyramid, and your ability to adhere to a food budget.**

*What’s the catch?*

The catch is you must think about the meals you will be eating over this two-week period. You cannot eat the same meal more than once, but you can use the leftover ingredients from one meal to create another. You must also make sure that your shopping list includes healthy choices from all of the food groups and the total cost of all the items on your list cannot exceed $150.00. Also your menu must contain a variety of meals.

*What do I need to do to complete this challenge?*

First, you should browse through the food/beverage items on [www.peapod.com](http://www.peapod.com). **(using the zip code 10509.)** Once you get a feel for how the website works and an idea of what foods you might want to include on your shopping list, you can begin creating your shopping list. **Be specific when placing an item on your shopping list.**

For example:

|  |  |
| --- | --- |
| **Food/Beverage** | **Cost** |
| Hood Simply Smart Milk Low Fat 1% - ½ gallon | $3.79 |

**Don’t just write “Milk / $3.79.”**

After you have completed your shopping list and totaled the items on that list, on the two-week calendar provided, you will write down what five of your complete meals over the course of the two weeks will be. **Make sure you actually use the items on your shopping list to create these meals.**

**\*Hint: There are of course great deal of resources available on the internet to help in creating your two week menu. You may use them to assist in your meal planning.**