

## \$10 Meal Challenge

Planning, shopping, and preparing a meal made up different foods and a variety of nutrients is an important life skill. This challenge encourages you to explore the grocery store and consider ways to select more nutritious foods while sticking to your budget. To achieve this challenge, you will create a balanced meal (incorporating all five food groups) for a family of four offering the recommended serving size of each food item.



This meal must include a serving from each of the 5 food groups:

**Fruit, Vegetable, Protein, Grain, Dairy**

The meal must serve a family of 4 people and total expenses of receipt is \$10 or less.

Resources: Information regarding food groups and recommended serving sizes can be found on the USDA's MyPlate website. [www.choosemyplate.gov](http://www.choosemyplate.gov)

### Worksheet for \$10 Meal Challenge

1. Select the Meal type you are planning for: (Breakfast, Lunch, Dinner)
2. Describe the food item selected for each food group and the correct portion size:

Food Group	Food Item	Total Items Purchased	Portion Size (per person)	Total Servings needed per day	Cost
<i>Fruit</i>	<i>Example: Apples</i>	<i>2</i>	<i>½ apple</i>	<i>2 Cups (4 servings)</i>	
Fruit	Pineapple rings	1 can (20 oz)	2 ½ rings= ½ cup	1 ½ - 2 cups (3 servings)	\$1.39
Vegetable	Onion	1 onion	1/3 cup	2-3 cups (3 servings)	\$0.53
	Spinach	1 bag (8oz)	½ cup		\$0.88
Protein	Eggs	1 dozen lg	8 eggs	5 oz per day	\$0.77
Grain	Flour	32 oz bag	2 oz	5-8 oz per day	\$1.69
Dairy	Milk	½ gallon 1%	1 cup	3 cups	\$0.99
	Cheese	8 oz bag	1 ½ Tbsp		\$1.77
Fats	Vegetable Oil	24 oz bottle	1 Tbsp		<u>\$1.49</u>

Total Cost: \$9.51

3. How does your selection create a *balanced* meal?  
I used 1/3 of the daily amounts from all 5 food groups
4. Who are you cooking for? (Age of Youth, Adults, Family, etc.)
  - a. How does this meal plan appeal to your intended audience?  
I was cooking for a 10-year-old boy, 14-year-old boy, a 13-year-old girl, and a 45-year-old mom.  
My family loves egg casserole, spinach & muffins and so it was easy to work a serving of vegetables into the breakfast meal.
5. Explain the strategies that you utilized to complete this challenge related to:
  - a. Planning the Meal  
First thing I did was looked up the MYPLATE website and wrote down the daily serving portions for each person according to their age. Next, I divided each portion size by 3 to get the necessary portion size for a single meal for each person. I then added up how much my meal needed from each food group. I repeated this process for each of the 5 food groups.  
I looked at the Fareway ads for sale prices on protein since protein tends to be the expensive part of the meal. The store had chicken hindquarters on sale for \$0.68 per lb. and eggs were on sale for \$0.77 a dozen, so I came up with a couple menu ideas. Then I headed to the store to see what else was on sale and plan my final meal.

b. Shopping for Ingredients

My mom and I walked through the store and weighed some of the fruit and vegetables to see what they would cost and wrote down the costs for each item. Then I decided on the final meal. I chose to do eggs instead of the chicken because the eggs would be easier to make than chicken. I also made homemade muffins and I needed flour and oil. I chose to do the homemade muffins even though the flour and oil were more expensive than the mixes because homemade muffins are healthier than the mixes. I had enough ingredients for my meal and a lot of extra flour oil, eggs, onion, spinach, and cheese to use in other meals.

c. Preparation of the Recipes

First, I chopped and measured the vegetables. Then I made the egg casserole. I mixed up the 7 eggs with salt, pepper, about 1/3 cup milk, and a little bit of garlic powder. Then I sautéed the 1 cup diced onion and 2 cups of freshly washed spinach leaves together. Then I poured the eggs into a 9 in.x9 in. pan and dropped the sautéed onion and spinach on the eggs. Then I baked it for about 20 min. until it was set. Then I made the muffins. I mixed all the dry ingredients together. Then I added the wet ones. Since my family likes both blueberries and chocolate chips, I divided the muffin batter in two bowls. I then took the blueberries and chocolate chips we had on hand and shook them in flour to keep them from sinking to the bottom. By then the egg casserole was done so I sprinkled some cheese on the top. I baked the muffins for about 25 min. til the toothpick came out clean.

6. What were the most important things you learned while you worked towards your goal? (Be sure to share a challenge that you may have experienced.)

To check your prices when you are on a budget. I had to decide if I would save money by buying two muffin mixes for \$2 or spend over \$3 for oil and flour for homemade muffins. I choose homemade because its healthier and so was worth the extra money. I also had to weigh my produce to see how much it weighed and calculate how much it would cost.

7. What ideas or plans do you have for the future based on what you have learned or discovered?

I will be careful that I use to use all 5 food groups in my meals in the future.



