

## Tools to customize your \$4 a day grocery shopping list

### Calculate your household size

- Number of weeks to buy \_\_\_\_
- Number of average people in household \_\_\_\_
- Number of small or inactive people in household \_\_\_\_ x 0.66 = \_\_\_\_
- Number of active people in household \_\_\_\_ x 1.66 = \_\_\_\_
- Weeks + average people + small people + = Your Total = \_\_\_\_
- If household has small children, elderly, or inactive, multiply Your Total by 0.66 = Your Average = \_\_\_\_  
OR if household is mostly men or active, multiply Your Total by 1.66 = Your Average = \_\_\_\_

### Calculate amount to buy per shopping trip

- Multiply column A by Your Average to determine amount to buy per shopping trip, round numbers up to even amounts (but plan to buy the closest economical package. For example, instead of 47 cups, buy 48 cups (12 quarts or 3 gallons)

### Example calculations

B1: 2 average adults in household, shopping every 2 weeks:

- Number of weeks per shopping trip 2
- Number of average people in household 2
- Household + Trips = Your Total = 4
- Multiply column A by 4 to determine amount to buy per shopping trip

B2: 2 adults, 2 small children in household, shopping every week:

- Number of average people in household 2
- Number of small people in household 2 x 0.66 = 1.32
- Number of weeks per shopping trip 1
- Household + Trips = Your Total = 1 + 1.32 + 2 = 4.32
- Multiply column A by 4.32 to determine amount to buy per shopping trip

B3: 3 average people, 1 male teenager athlete in household, shopping every 2 weeks:

- Number of average people in household 3
- Number of active people in household 1 x 1.66 = 1.66
- Number of weeks per shopping trip 2
- Household + Trips = Your Total = 3 + 1.66 + 2 = 6.66
- Multiply column A by 6.66 to determine amount to buy per shopping trip

***See next page for shopping lists created from these example calculations.***

## Example lists for \$4 a day grocery shopping

See previous page for example calculations used to create these shopping lists.

A (1)	B1 (4)	B2 (4.32)	B3 (6.66)	Measure	Item, servings per day for an “average” person
					Fruits, 1½ servings
7	28	31	47	pieces or cups	1-piece whole fruit OR 1 cup frozen or canned
2	8	9	14	cups	1/4 cup dried fruit (raisins, apricots, etc)
	0	0	0		Vegetables, 2-3 cups per day
3½	14	16	24	pounds	1/2 cup fresh vegetables
3½ (16)	14 (64)	16 (70)	24 (107)	cups (ounces)	1/2 cup frozen vegetables
3½	14	16	24	cups	1/2 cup canned vegetables
2	8	9	14	cups	1/4 cup dark leafy greens
2	8	9	14	cups	1/4 cup dry beans
2 (10)	8 (40)	9 (44)	14 (67)	cups (ounces)	1/4 cup peas or corn
2	8	9	14	potatoes	1/4 medium potato
	0	0	0		Grains and pasta, 6 servings (1 slice bread or 1-ounce cereal, pasta, rice or grain)
14	56	61	94	slices	2 slices bread (tortilla, muffin, etc.)
14	56	61	94	ounces	2 ounces cereal (oatmeal, farina, etc.) OR
14	56	61	94	ounces	2 ounces dry pasta or rice (1 cup cooked) or other grain (bulgur, polenta, quinoa, etc.)
	0	0	0		Proteins, 5 ounces (3.5 ounces meat PLUS 1½ ounces other proteins per day)
1½	6	7	10	pounds	3½ ounces meat or poultry (7x per week)
3	12	13	20	ounces	3 ounces fish (per week)
3	12	13	20	dozen	3 eggs (per week)
3	12	13	20	tablespoons	3 tablespoons nut butter (per week)
3/4	3	4	5	ounces	3/4 ounce nuts (per week)
	0	0	0		Dairy or Soy/Tofu products, 3 cups per day (1½ ounces cheese counts as 1 cup equivalent)
2	8	9	14	quart	1 cup milk (or soy milk)
2	8	9	14	quart	1 cup yogurt or cottage cheese (or tofu)
8	32	35	54	ounces	1½ ounce cheese