

# Activity 6:

## How Access Defines What We Eat

GRADES 3-12

CC

CC Standard Alignment:  
Mathematics/Health

GSE

GSE Standard Alignment:  
Social Studies/ELA



45 - 60 min.



This activity can be paired with *Food and Life, Who is Food Insecure and Family Budgets.*

### Student Learning

Students will learn how access to nutritious food varies by location and income. They will also be able to discuss the impact of food deserts and the benefits and limitations of nutrition programs like SNAP (Supplemental Nutrition Assistance Program).

### Objectives

Students will better understand the impacts of food insecurity.

Students will be able to discuss some of the access issues that lead to food insecurity.

Students will have a deeper understanding of the benefits and limitations of federal nutrition programs.

### Materials

- Food store price lists (p. 44-46)
- Food budget worksheets (p. 47)
- Pencils/Pens
- Calculators
- Print out USDA's MyPlate guide: [https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/mini\\_poster\\_O.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/mini_poster_O.pdf)

### Performance Tasks

Have the class work in small groups of two or three.

Give each group one of the grocery price lists. Instructors should be sure that all three different price lists are represented.

#### Part One

Tell each group to use their price list, menu page, and the MyPlate guide to create the most nutritious meals possible (breakfast, lunch, dinner and a snack) for one person for one day. There are no budget restrictions at this time, students should focus solely on creating nutritious menus.

#### Part Two

Once menus have been created give each group one of each of the following daily budgets for food: \$1.50, \$2.35 and \$4.57 to see if their menus change with their new allotted daily SNAP budget.

Conclude activity by engaging students in a dialogue using the discussion questions below.

### Discussion Questions

- How much money did you initially spend and how did your menu change after you were given a budget?

- What are some of the differences in food choices and pricing you noticed at the different grocery stores?
- How easy or difficult was it to purchase nutritious food with your given store and budget? If it was difficult, what would have made it easier?
- Were there foods you wanted that you could not afford, or could not find on the grocery store price list you were given? If so, how did that feel and how did that inform your other choices?
- What could you do to increase access to nutritious food in your community?  
*Facilitator Note: You could research the barriers to access that exist and what kind of action is needed to change or remove them, create a community garden, donate fresh produce to a local food pantry, etc.*
- How do the federal nutrition programs we explored in Responses to Hunger in the United States (p. 16) help increase people’s access to nutritious foods?  
*Facilitator Note: Eligible families can increase their purchasing power with SNAP, WIC can only be used to purchase high nutrition foods, School Meals would help lower grocery expenses, etc.*
- How might the food store that a family has access to impact the purchasing power of SNAP or WIC? *Facilitator Note: If you only have access to a store that is more expensive and has fewer nutritional options, your SNAP benefits won’t stretch as far, you might be forced to use your SNAP benefits on foods that aren’t as nutritious, etc.*

## Extension Ideas

### Hunger and Health

Assign a health status to individuals or small groups and have students do some research on this health condition. Share and discuss findings as a class or have students create reports.

*Suggested health status assignments: Diabetes, hypertension/high blood pressure, osteoporosis, heart disease, kidney failure and celiac disease.*

Questions to explore:

- What are the nutrition recommendations for your assigned health state?
- What is a social determinant of health?
- In what ways can poverty, hunger and food insecurity impact these food related diseases?

### Nutrition, Health and Your Budget

Once students have done their research on the health states above (*Diabetes, hypertension/high blood pressure, osteoporosis, heart disease, kidney failure and celiac disease*), have the students “go back” to the grocery store and update their Food Budget Worksheet in response to their health status change and diet recommendations.

Questions to explore:

- How is your decision-making affected by your new health status?
- What did you purchase prior to your health diagnosis that you should no longer eat?
- What price changes do you see in your new shopping list?
- Was it easy to adapt to your new dietary restrictions?

# PHARMACY STORE PRICE LIST

Please note all items are priced per serving.

Vegetables	
Mushroom soup	\$0.60
Canned peas	\$0.48
Canned corn	\$0.36
Canned diced tomatoes	\$0.57

Grains	
Yakisoba noodles	\$1.19
Macaroni and cheese	\$0.75
Bread (wheat and white)	\$0.10
Honey nut cereal	\$0.27
Minute rice	\$0.57
Pasta bowl	\$1.99
Granola bars	\$0.71
Pancake mix	\$0.16
Elbow macaroni	\$0.17

Fats, Oils, Snacks	
Chips	\$0.60
Chocolate bars	\$0.48
Chocolate cookies	\$0.36
Toaster pastries	\$0.57

Fruits	
Dried fruit	\$0.43
Cranberry raisins	\$0.50
Sliced pineapples	\$0.35
Raisins	\$0.42
Sliced mandarin oranges	\$0.38
Grape jelly	\$0.21
Apple sauce	\$0.54

Protein and Dairy	
Beef stew	\$3.29
Tuna	\$0.99
Yogurt	\$0.55
Whole milk	\$0.19
Frozen supreme pizza	\$1.25
Mixed nuts	\$0.60
Beef jerky	\$2.16
Frozen burrito	\$1.79
Frozen sausage, egg and cheese biscuit	\$2.14
Frozen pot pie	\$2.24
Frozen pre-cooked wings	\$1.72
Eggs	\$0.21

# BIG GROCERY STORE PRICE LIST

Please note all items are priced per serving.

Grains	
Wheat bread	\$0.07
White bread	\$0.05
Crackers	\$0.11
Biscuit	\$0.17
Muffins	\$0.15
Buns	\$0.14
Cheerios	\$0.29
Cream of wheat	\$0.17
Grits	\$0.21
Oatmeal	\$0.15
Corn bread mix	\$0.11
Breakfast bars	\$0.33
Pancake mix	\$0.15
Brown rice	\$0.11
White rice	\$0.11
Elbow pasta	\$0.13
Spaghetti	\$0.13

Protein and Dairy	
Peanut butter	\$0.19
Ground meat (beef)	\$0.88
Ground meat (turkey)	\$0.99
Chicken (wings)	\$1.35
Chicken (drumsticks)	\$1.20
Chicken (breast)	\$2.60
Fish (Tilapia)	\$1.20
Bacon	\$0.36
Eggs	\$0.12
Beans	\$0.11
Sliced sandwich meat	\$0.78
Infant formula	\$1.49
Milk	\$0.22
American cheese slices	\$0.21
Yogurt	\$0.30
Chocolate pudding	\$0.25

Fruits	
Apple	\$0.32
Banana	\$0.12
Orange	\$0.50
Grapefruit	\$0.79
Mango	\$1.00
Peach	\$0.60
Plum	\$0.25
Raisins	\$0.25
Tomato	\$0.29
Apple juice	\$0.41
Orange juice	\$0.27
Jelly	\$0.24

Vegetables	
Broccoli	\$0.50
Green beans	\$0.13
Spinach	\$0.50
Carrots	\$0.12
Corn	\$0.50
Zucchini	\$0.50
Mushrooms	\$0.75
Sweet potatoes	\$0.99
White potatoes	\$0.19
Collard greens	\$0.60
Frozen vegetables	\$0.36
Tomato sauce	\$0.11

# CORNER STORE/GAS STATION PRICE LIST

Please note all items are priced per serving.

Grains	
Wheat bread	\$0.15
White bread	\$0.12
Biscuit	\$0.27
Muffins	\$0.25
Buns	\$0.34
Cheerios	\$0.39
Cream of wheat	\$0.27
Grits	\$0.31
Oatmeal	\$0.25
Breakfast bars	\$0.43
Pancake mix	\$0.21
White rice	\$0.21
Elbow pasta	\$0.43
Spaghetti	\$0.43

Fruits	
Apple	\$0.50
Banana	\$0.89
Orange	\$0.50
Apple juice	\$0.41
Orange juice	\$0.47
Jelly	\$0.34

Protein and Dairy	
Peanut butter	\$0.21
Sausage biscuit	\$0.99
Egg	\$0.32
Prepared sandwich	\$1.99
Milk	\$0.43
American cheese slices	\$0.43

Vegetables	
Tomato sauce	\$0.21
Canned vegetable medley	\$0.28
Canned baked beans	\$0.50

# FOOD BUDGET WORKSHEET

Use MyPlate to guide your food choices, and place your choices in each item's cost per serving under the appropriate column.

Daily food budget:

## Breakfast

Grains	\$
Vegetables	\$
Fruits	\$
Oils	\$
Dairy	\$
Meats/Beans	\$

## Lunch

Grains	\$
Vegetables	\$
Fruits	\$
Oils	\$
Dairy	\$
Meats/Beans	\$

## Dinner

Grains	\$
Vegetables	\$
Fruits	\$
Oils	\$
Dairy	\$
Meats/Beans	\$

## Snack

Grains	\$
Vegetables	\$
Fruits	\$
Oils	\$
Dairy	\$
Meats/Beans	\$

Total cost: