

Grocery Cost Tool (WEEK DAY Monday - Friday)

Think of your daily routines this will help jog your memory on what you are spending for food and drink.

Breakfast (First food or drink you put in your mouth in the morning including anything you grab or buy on the way to work or at work)

LIST: (Example Juice, Coffee, Latte's, Bagels, Biscuits)

**DAILY
TOTAL**

**WEEKLY
TOTAL**

Morning Snacks (Anything you brought to work, anything from a vending machine etc.)

Lunch (Anything you brought to work, anything from a cafeteria, or eating out etc.)

Afternoon Snacks (Anything you brought to work, anything from a vending machine etc.)

On the Way Home (Anything you buy when gassing up the car, lattes', fast food, etc.)

Any Snack or Drink before Supper

Supper (This includes eating out, appetizers, main meal, desserts and drinks. The individual portions can be calculated by dividing the appetizers by the number of people eating them. Add in your entre')

When eating at home you would take the grocery bill leaving out all paper goods, personal care items, etc., this is food only. Divide what remains by all persons eating at your home then you are one portion of this number.
This is a rough estimate but will be close to the actual number.

Night Eating or snacking (This will include, chips, cookies, popcorn, etc. items in the pantry that you might typically eat while watching television, doing homework, etc. anything eaten before bed including soft drinks, sugar and sugar-free)

**DAILY
TOTALS X 5 = WEEKLY
TOTALS**

To Estimate a months worth of individual grocery consumption repeat use of sheet 1 and 2 of this tool for four weeks.

Grocery Cost Tool (WEEK END Saturday/Sunday)

Circle the times you eat or drink and the estimated cost of what it was, this will include any movie or other entertainment refreshments, restaurants, ANYWHERE!.

Saturday

06:00 AM	\$
06:30 AM	\$
07:00 AM	\$
07:30 AM	\$
08:00 AM	\$
08:30 AM	\$
09:00 AM	\$
09:30 AM	\$
10:00 AM	\$
10:30 AM	\$
11:00 AM	\$
11:30 AM	\$
12:00 PM	\$
12:30 PM	\$
01:00 PM	\$
01:30 PM	\$
02:00 PM	\$
02:30 PM	\$
03:00 PM	\$
03:30 PM	\$
04:00 PM	\$
04:30 PM	\$
05:00 PM	\$
05:30 PM	\$
06:00 PM	\$
06:30 PM	\$
07:00 PM	\$
07:30 PM	\$
08:00 PM	\$
08:30 PM	\$
09:00 PM	\$
09:30 PM	\$
10:00 PM	\$
10:30 PM	\$
11:00 PM	\$
11:30 PM	\$
LATENIGHT	\$

SUBTOTALS	\$
-----------	----

Sunday

06:00 AM	\$
06:30 AM	\$
07:00 AM	\$
07:30 AM	\$
08:00 AM	\$
08:30 AM	\$
09:00 AM	\$
09:30 AM	\$
10:00 AM	\$
10:30 AM	\$
11:00 AM	\$
11:30 AM	\$
12:00 PM	\$
12:30 PM	\$
01:00 PM	\$
01:30 PM	\$
02:00 PM	\$
02:30 PM	\$
03:00 PM	\$
03:30 PM	\$
04:00 PM	\$
04:30 PM	\$
05:00 PM	\$
05:30 PM	\$
06:00 PM	\$
06:30 PM	\$
07:00 PM	\$
07:30 PM	\$
08:00 PM	\$
08:30 PM	\$
09:00 PM	\$
09:30 PM	\$
10:00 PM	\$
10:30 PM	\$
11:00 PM	\$
11:30 PM	\$
LATENIGHT	\$

SUBTOTALS	\$
-----------	----

TOTALS	\$
--------	----

To Estimate a months worth of individual grocery consumption repeat use of sheet 1 and 2 of this tool for four weeks.