Eating on a Budget Worksheet #1:
List of Convenient Food Options

Directions: Complete the following chart by entering the cost that would represent your cost for the amount of the selection that you would eat at one meal. Use the list as just a starting point for other items that you eat now or would like to eat. The purpose of this worksheet is to develop a ready list of options that you can select from to meet your priorities and your budget. For young people like yourself in need of convenient and inexpensive eating options, it is advisable to select a mixture of at-home, take-home, fast-food, cafeteria, and regular restaurant meals that can help balance your eating priorities with your budget limitations. It might be noted that many ethnic restaurants offer reasonably priced entrées, so saving money can be both exciting and rewarding.

Prepared at Home	**Cost**	**Taken-Home**	**Cost**	**Eaten Out**	**Cost**
Special Omelet		Pizza		Fast-food Entree	
Canned Soup		Chinese Noodles		Cafeteria Entrée	
Dinner Salad		Roast Chicken		Appetizer as Entree	
Big Sandwich		Barbecue Ribs		Korean Entree	
Cereal with Fruit		Deli Sandwich		Chinese Entree	
Chili and Rice		Deli Salad		Mexican Entree	
Spaghetti Dinner		Deli Soups		Italian Entree	
Frozen Dinner		Fast-food entree		American Entree	
Raw Vegetables		Fast-food salad		Japanese Entree	