Task Title: Create a Shopping List within Budget

OALCF Cover Sheet – Practitioner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ▧

Task Description: The learner will make a grocery list from flyers to stay within budget.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Interpret documents/A2.1
- Communicate Ideas and Information/Complete and create documents/B3.2a
- Understand and Use Numbers/Manage money/C1.2

Materials Required:

- Pen/pencil and paper and/or digital device
- Calculator or digital device with calculator function

Learner Information

Planning ahead by making lists makes it easier to organize a household. It also helps you budget for grocery and other household items.

Scan the "Grocery List Template", "Price Comparisons Template" and the Weekly Flyers for No Frills, Sobeys and Food Basics.

Grocery List Template

Item	Price per Item	Quantity	Total Price
		Subtotal	
		Tax (estimate 10%)	
		Total	
		Budget	**$200**
		Balance	

Price Comparisons Template

Item	Store Name and Price	Store Name and Price	Where will you purchase this item?

Flyer: No Frills

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Task Title: CreateShoppingListWithinBudget_I_A2.1_B3.2a_C1.2

Flyer: Sobeys

Sobeys

100% fresh GUARANTEE* Guaranteed fresh or your money back

All Fresh Pork! BUY 2 GET 1 FREE* *of equal or lesser value see offers on page 3

$4.49 /lb, ea — Fresh Regular Ground Beef Family Size 9.90/kg or HAYTER'S FARM Fresh Extra Lean Minced Turkey 450 g

$4.88 /lb — Fresh Boneless Skinless Chicken Breasts Family Size 10.76/kg

$3 — Fresh Atlantic Salmon Portions skin on plain or marinated product of Canada 113 g

$2.99 From Canada — Cauliflower product of Canada no 1 grade

$1.88 /lb — Extra Large Black, Red or Green Seedless Grapes product of USA 4.14/kg — GRAPES FROM CALIFORNIA

HOT PRICE $3.64 — ACTIVIA Yogurt or Drinkable 8 pk

HOT PRICE $2.79 — LAY'S Potato Chips 220-235 g, Poppables 130 g or Baked 177 g

HOT PRICE $5.47 — KELLOGG'S Family Size Cereal selected 480-650 g

HOT PRICE $4.77 — ARMSTRONG Shredded Cheese 300-320 g, Sticks 210 g, Combos 180 g or Swirls 283-340 g

GET UP TO 2,500 PTS WHEN YOU LOAD THIS OFFER IN THE SOBEYS APP OR AT MyGroceryOffers.ca OCTOBER 31 – NOVEMBER 20, 2024
LOAD THIS OFFER AND GET 500 PTS ON 3 TRANSACTIONS OF $50+ AND GET A 1000 PTS BONUS FOR USING ALL 3 OFFERS.

That's like $25 toward your groceries

SPEND $50+
1st Shop GET 500 PTS
2nd Shop GET 500 PTS
3rd Shop GET 500 PTS
Shop 3 times and get a 1000 pts bonus
Download the Sobeys app

Happy Halloween Prices and offers in effect October-November 2024
THU 31 | FRI 1 | SAT 2 | SUN 3 | MON 4 | TUE 5 | WED 6

So many deals Scan here for our full digital flyer

SBY_WK27_P01_ONT

$7.99 — ST-HUBERT, SWISS CHALET or MONTANA'S Frozen Meat Pies or COMPLIMENTS Lasagna, Mac & Cheese or Chili 470 g-1 kg

$5.50 ea when you buy 2 or more — COMPLIMENTS Lean Ground Pork, Extra Lean Ground Chicken or Extra Lean Minced Turkey, LAMB TONIGHT Lean Ground Lamb, JOHNSONVILLE Sausage Meat, NOBLE PREMIUM BISON Lean Ground Bison or FONTAINE Lean Ground Veal 226-454 g starting at $5.99 ea

$12.99 /lb | 300 PTS when you spend $30 or more — Fresh Boneless Striploin Premium Oven Roast or Family Size Grilling Steaks cut by your meat expert from Australia graded beef while supplies last 28.64/kg

BUY 1 GET 1 FREE* *of equal or lesser value — MARINA DEL REY Raw Argentinian Shrimp 20-40 ct peeled and deveined or Shrimp Meat 300 g

$5.49 — Strawberries product of USA no 1 grade 454 g clamshell

$2.49 /lb — Honeycrisp Apples product of Ontario, Canada extra fancy grade 5.49/kg — From Ontario

$3.99 | BAKED IN STORE — Small Crusty Buns 12 pk 725 g

$5.99 | 100 PTS when you buy 2 — BOURSIN 150 g or Cuisine 220 g

$5.99 — COMPLIMENTS Natural Ingredients Sliced Meats selected 175 g

$4.25 — CRACKER BARREL Cheese Slices 200-240 g or Snacks 168 g

$5.49 — COMPLIMENTS Salted Butter 454 g

$3.49 — SILK Beverages assorted varieties 1.75-1.89 L

2/$8 — COCA-COLA or PEPSI Soft Drinks 6x710 mL

$9.99 — MAXWELL HOUSE Coffee 631-925 g or STARBUCKS Coffee 340 g, Pods 10 pk, Instant 90 g or Cold Brew 946 mL

UP TO 40% off — JAMIESON Vitamins and Supplements assorted variety

$10.97 — KRAFT Peanut Butter 2 kg or BEEMAID Liquid Honey 1 kg

$3.99 — OIKOS Greek Style Yogurt 4 pk

2/$5 — LECLERC Celebration Cookies 240-350 g or VACHON Snacks 248-336 g

$11.99 — CASHMERE Bathroom Tissue 24=48 or 12=48 rolls, SPONGE TOWELS 6=12 rolls or SCOTTIES Facial Tissue 12 pk

$19.99 — TIDE Laundry Detergent 3.9 L, Pods 45-76 pk, GAIN Flings 76 pk or IVORY SNOW 3.1 L or Pods 45 pk

STARTING AT $3.99 | 150 PTS when you buy 2 — CREST 3D White or Prohealth Toothpaste 63-120 mL or ORAL-B Toothbrushes 1-2 pk, OLAY 364 mL or IVORY 621 mL Body Wash, SECRET or OLD SPICE Deodorant 45-96 g or PANTENE Hair Care 170-355 mL or 187-200 selected

PROUDLY CANADIAN sobeys.com
Partners in Growth — For every ton of paper used in the printing of this flyer, SJC's Partners in Growth program will contribute to the planting of a tree through Trees for Life Canada.

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Practitioner Copy

Happy Diwali

Find everything you need for your festivities.

From Canada
1⁴⁹ /lb
Red Carrots product of Canada 3.28/kg

PANJIIMI Mini Naan 500 g
5⁴⁹

INDIA GATE Premium Basmati Rice 4.54 kg
16⁹⁹

Tre Stelle PANEER
4⁴⁹
TRE STELLE Paneer 350 g

JUMBO
2/$9
Pomegranates product of USA

so·local

Grown right here at home

50 PTS when you buy 2
2/$8 GOODLEAF Lettuce Blends product of Ontario 113 g

50 PTS when you buy 2

From Ontario
1²⁹ /lb Rutabaga product of Ontario 2.84/kg

From Ontario
2/$6 GOODLEAF Microgreens product of Ontario 50 g

From Ontario
2⁴⁹ COMPLIMENTS Carrots product of Ontario 3 lb 1.36 kg

From Ontario
4/$5 Garlic product of Ontario

ORGANIC From Canada
3⁴⁹ COMPLIMENTS ORGANIC Button Mushrooms product of Canada 227 g

2 L
5⁹⁹ Bosc Pears product of Ontario, Canada extra fancy grade 2 L clamshell

From Ontario
2⁴⁹ /lb Bartlett or Bosc Pears product of Ontario, Canada extra fancy grade 5.49/kg

3 LB BAG From Ontario
5⁹⁹ COMPLIMENTS Honeycrisp Apples product of Ontario, Canada extra fancy grade 1.36 kg

100% fresh GUARANTEE
Guaranteed fresh or your money back

Fruity fresh...

5 PACK
3⁹⁹ Avocados product of Mexico 5 pk

4⁹⁹ + 100 PTS when you buy 2 Whole Golden Large Pineapple or Prepared Fresh Daily Cored Pineapple product of Costa Rica

From Ontario
1⁶⁹ /lb Sweet Potatoes product of Ontario 3.73/kg

ORGANIC 4⁴⁹
2⁴⁹ Iceberg Lettuce product of USA or Mexico

5⁴⁹ Kiwi product of New Zealand 454 g

3⁹⁹ Cantaloupe product of USA

1⁷⁹ Methi product of Mexico

2⁷⁵ Celery product of USA

100 PTS when you buy 2
2/$5 Mangoes product of Brazil

1⁷⁹ /lb Navel Oranges product of South Africa 3.95/kg

3 PACK
5⁷⁹ Rainbow Peppers product of Canada or Mexico 3 pk

From Canada
2/$9 COMPLIMENTS Caesar Salad Kit 280 g, FRESH ATTITUDE Caesar Bacon Salad 171 g or Spring Mix Salad 155 g product of Canada

Veggie love...

bulk

15% off Prepared Fresh Daily Mixed Melon, Watermelon, Honeydew or Cantaloupe Chunks assorted sizes

BUY 1 GET 2ND 25% off of equal or lesser value Prepared Fresh Daily In-Store Taco or Guacamole Dip, Pineapple Salsa or Bruschetta Mix assorted sizes

5⁹⁹ COMPLIMENTS Snack or Trail Mixes selected 400-500 g

8⁹⁹ WONDERFUL No Shell Pistachios selected 155-170 g

floral

From Ontario
4⁹⁹ Frosty Fern 4" or Zygo "Christmas" Cactus 4"

100 PTS when you buy 1
5⁹⁹ Fleurette 4.5"

From Ontario
12⁹⁹ Rainbow Gerbera Bouquet 10-Stem

12⁹⁹ Rose & Alstroemeria Bouquet

GREAT GIFT IDEA! Our Gift Cards can be any amount.

seafood

150 PTS when you buy 1
2⁹⁹ COMPLIMENTS Crab or Lobster-Flavoured Alaskan Pollock 227 g

5⁹⁹ Fresh Mussels 907 g or Bacon Wrapped Scallops Skewer 100 g previously frozen or MUSSEL KING Whole Cooked PEI Mussels frozen 454 g

10⁹⁹ /lb Yellowfin Tuna Steaks previously frozen or frozen product of Vietnam 24.23/kg

300 PTS when you buy 1
25% off COMPLIMENTS Hokkaido, Bay or Sea Scallops 340-400 g

14⁹⁹ /lb Fresh Wild Icelandic Cod Fillets subject to availability 33.05/kg

RAW REAL CRAB
3⁵⁰ ea Authentic Maryland Crab Cakes 120 g frozen or previously frozen or 2 pk of cakes for 7.00

100 PTS when you buy 1
10⁹⁹ COMPLIMENTS Smoked Sockeye, Steelhead, Atlantic Salmon or Gravlax 140-150 g

9⁹⁹ EARLS Restaurant Clam Chowder frozen 550 mL

11⁹⁹ IFC Coldwater Cooked Shrimp 150-250 ct, 350 g

100 PTS when you buy 1
$12 BEST BUY Breaded Popcorn Shrimp or Squid Rings 800 g

13⁹⁹ WATERVIEW MARKET Lemon Garlic Shrimp & Pasta 907 g or Shrimp Lo Mein Meal Kits 877 g

6⁹⁹ IFC Seafood Appetizer Trio 312 g

bakery

MEMBER PRICING
7⁹⁹ SAVE 80¢
8⁷⁹ without Scene+ Card
Brownie Cakes 310-390 g

MIX & MATCH Small or Large Patisseries
BUY 4 GET 5TH FREE of equal or lesser value

150 PTS when you buy 1
21⁹⁹ BAKER STREET Cakes 675-800 g

BUY MORE SAVE MORE 6⁹⁹ ea when you buy 2 or more TASTY SELECTIONS Bundt Cake 500 g 7.99 ea

75 PTS when you buy 2
3⁹⁹ Strudel Fingers 228 g

9⁹⁹ TOP DESSERT Carrot or Banana Cake 485 g

100 PTS when you buy 1
6⁴⁹ 100% Butter Danish 4 pk, 420 g

LIMITED TIME ONLY
9⁴⁹ TABLE TALK Apple Caramel or Apple Cranberry Pie 625 g

4⁹⁹ STUYVER'S Ciabatta or Portuguese Buns 4 pk 340-400 g

BAKED IN STORE 3⁹⁹ Focaccia Breads 315-340 g

BAKED IN STORE 4²⁹ Butter Crust, Dutch Crunch, Soft Italia or Sesame Seed Topped Bread 450 g

Sign up for Sobeys E-Flyer & **SAVE $5** off your next purchase of $40 or more! www.sobeys.com/getflyer

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SBY_WK27_P04_ONT

Task Title: CreateShoppingListWithinBudget_I_A2.1_B3.2a_C1.2

Flyer: Food Basics

Practitioner Copy

Task Title: CreateShoppingListWithinBudget_I_A2.1_B3.2a_C1.2

PRODUCE

WE LOVE LOCAL

BROCCOLI CROWNS
PRODUCT OF CANADA
THIS WEEK ONLY
1 98 EACH

HONEYCRISP APPLES
PRODUCT OF ONTARIO
CANADA FANCY GRADE
4.37/KG
THIS WEEK ONLY
1 98 /LB

BLUEBERRIES
PRODUCT OF MEXICO OR PERU
RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO
BLACKBERRIES
PRODUCT OF U.S.A. OR MEXICO
THIS WEEK ONLY
3 98 EACH

HOTHOUSE PEPPERS
PRODUCT OF CANADA
6.57/KG
THIS WEEK ONLY
2 98 /LB

CAULIFLOWER
PRODUCT OF CANADA
CANADA NO. 1 GRADE
THIS WEEK ONLY
2 98 EACH

CARROTS OR YELLOW ONIONS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 2 LB BAG
THIS WEEK ONLY
1 98 EACH

25 points

CANTALOUPES
PRODUCT OF U.S.A.
NO. 1 GRADE

ACORN, BUTTERNUT OR SPAGHETTI SQUASH
PRODUCT OF ONTARIO
2.82/KG
THIS WEEK ONLY
2 98 EACH

THIS WEEK ONLY
1 28 /LB

HOTHOUSE TOMATOES
PRODUCT OF ONTARIO
4.37/KG
THIS WEEK ONLY
1 98 /LB

CLEMENTINES
PRODUCT OF SOUTH AFRICA, 2 LB BAG
THIS WEEK ONLY
3 98 EACH

AVOCADOS
PRODUCT OF MEXICO
KIWIS
PRODUCT OF GREECE OR CHILE, 600 G

COCKTAIL TOMATOES
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE
THIS WEEK ONLY
2 98 EACH

MINI CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE

30 points

FRESH ATTITUDE SALADS
SELECTED VARIETIES
THIS WEEK ONLY
3 77 EACH

NAVEL ORANGES
PRODUCT OF SOUTH AFRICA
THIS WEEK ONLY
4 98 EACH

FUYU PERSIMMONS
PRODUCT OF U.S.A.
2 LB BAG
THIS WEEK ONLY
4 98 EACH

LPC POTATOES
PRODUCT OF CANADA
THIS WEEK ONLY
3 49 EACH

30 points

IRRESISTIBLES NUTS
SELECTED VARIETIES
THIS WEEK ONLY
3 98 EACH

FLORAL

50 points

6" ZYGOCACTUS
THIS WEEK ONLY
8 98 EACH

12 STEM POM BOUQUET
THIS WEEK ONLY
9 98 EACH

10 STEM ROSES
THIS WEEK ONLY
10 88 EACH

5" ORCHIDS OR BROMELIADS
THIS WEEK ONLY
10 88 EACH

MEAT

PRIME TURKEY DINDE
PRIME RAISED WITHOUT ANTIBIOTICS EXTRA LEAN GROUND CHICKEN OR TURKEY
454 g - 1 lb
THIS WEEK ONLY
5 99 EACH

FRESH SELECTION PORK SAUSAGES FAMILY PACK
9.90/KG
THIS WEEK ONLY
4 49 /LB

FRESH CHICKEN DRUMSTICKS
5.49/KG
THIS WEEK ONLY
2 49 /LB

FRESH BONE-IN PORK COMBINATION CHOPS
8.80/KG
THIS WEEK ONLY
3 99 /LB

FRESH BONELESS SKINLESS CHICKEN THIGHS FAMILY PACK
15.41/KG
THIS WEEK ONLY
6 99 /LB

FRESH BONELESS OUTSIDE ROUND ROAST OR FAMILY PACK STEAKS
23.13/KG
THIS WEEK ONLY
10 49 /LB

SELECTION BACON
SELECTED VARIETIES
THIS WEEK ONLY
3 99 EACH

SCHNEIDERS SMOKED SAUSAGES
SELECTED VARIETIES
THIS WEEK ONLY
5 99 EACH

MANDARIN ASIAN STYLE ENTREES
SELECTED VARIETIES
THIS WEEK ONLY
6 99 EACH

IRRESISTIBLES FULLY COOKED MEATBALLS
SELECTED VARIETIES
THIS WEEK ONLY
8 99 EACH

RANA PASTA
THIS WEEK ONLY
4 99 EACH

IRRESISTIBLES PEPPERONI STICKS
THIS WEEK ONLY
6 99 EACH

LEGACY MARINATED BONELESS PORK TENDERLOIN OR BONE IN PORK CHOPS
THIS WEEK ONLY
7 99 EACH

55 points

MARC ANGELO STUFFED CHICKEN BREASTS
SELECTED VARIETIES
THIS WEEK ONLY
9 99 EACH

SUMMI SPRING ROLLS OR GYOZA
SELECTED VARIETIES
CRISPY VEGETABLE SPRING ROLLS
LOCKED DOWN
4 49 EACH

IRRESISTIBLES SLICED DELI MEAT
SELECTED VARIETIES
THIS WEEK ONLY
4 99 EACH

SUMMER FRESH SALADS
SELECTED VARIETIES
THIS WEEK ONLY
7 99 EACH

GRANDE GRATED PARMESAN
SELECTED VARIETIES
LOCKED DOWN
12 49 EACH

SEAHORSE COOKED SHRIMP
SELECTED VARIETIES
THIS WEEK ONLY
6 49 EACH

IRRESISTIBLES SALT & PEPPER CALAMARI
SELECTED VARIETIES
THIS WEEK ONLY
6 99 EACH

HIGH LINER BREADED & BATTERED FISH FILLET FAMILY PACK
SELECTED VARIETIES
THIS WEEK ONLY
7 99 EACH

125 points

IRRESISTIBLES BREADED POPCORN SHRIMP
SELECTED VARIETIES
THIS WEEK ONLY
11 99 EACH

Practitioner Copy

Work Sheet

Task 1: Your weekly budget is $200. Read the flyers and circle the items you would like to buy for one week. If the same item is for sale at more than one store, enter this into the Price Comparisons template.

Answer: No written response required here.

Task completed: Yes: ☐

_____

Task 2: Using the Grocery List Template, list all the items you circled in the flyer in the Item column. Enter the individual price of each item in the Price column. Enter the Total Price in the Total Price column.

Answer: No written response required here.

Task completed: Yes: ☐

_____

Task 3: Add everything in the Total Price column and enter that amount in the Subtotal line.

Answer: No written response required here.

Task completed: Yes: ☐

_____

Task 4: Some items have HST added (13%) and some don't. You can estimate 10% tax on all items to calculate an estimate of your total cost. Enter 10% on the Tax (estimate 10%) line.

Answer: No written response required here.

Task completed: Yes: ☐

_____

Task 5: Enter the total of Subtotal and Tax on the Total line.

Answer: No written response required here.

Task completed: Yes: ☐

_____

Task 6: Calculate the difference between your total cost and your $200 budget. Write the difference in the Balance line.

Answer: No written response required here.

Task completed: Yes: ☐

_____

Task 7: If your total is more than your $200 budget, list the items you would remove from your shopping list in order to achieve a total of $200 or less.

Answer:

_____

Answers

Answers will vary.

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A2.1	scans to locate specific details			
	interprets brief text and common symbols			
	locates specific details in simple documents, such as labels and signs			
B3.2a	uses layout to determine where to make entries			
	begins to make some inferences to decide what information is needed, where and how to enter the information			
C1.2	calculates using numbers expressed as whole numbers, fractions, decimals, percentages and integers			
	calculates percentages			
	interprets and applies rates (e.g. $/kg, $/1)			
	chooses and performs required operation(s); may make inferences			

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
	to identify required operation(s)			
	selects appropriate steps to reach solutions			
	represents costs and rates using monetary symbols, decimals and percentages			
	uses strategies to check accuracy (e.g. estimating, using a calculator, repeating a calculation, using the reverse operation)			

This task: Was successfully completed ☐   Needs to be tried again ☐

Learner Comments:

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Instructor (print):   Learner (print):

_____   _____

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