

My Food Budget

Food Resources I Receive Each Month: SNAP _____

WIC _____

Cash Resources

Divide cash set aside for food into cash for groceries and cash for meals away from home.

Cash for groceries _____

Cash for food not cooked at home (restaurants, food deliveries, convenience stores, etc.) _____

Add SNAP, WIC, and Cash for groceries.

Total Food Budget for the Month _____

Divide total food budget for the month by the number of times you plan to shop for groceries in a month.

Weekly: Divide the total food budget by 4 _____

Bi-weekly: Divide the total food budget by 2 _____

TRACK YOUR SPENDING

GROCERY BUDGET:

BUDGET FOR MEALS OUT:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SNAP				
WIC				
Cash for groceries				
Cash for meals away from home				



