

## My Food Budget

**Food Resources I Receive Each Month:** SNAP \_\_\_\_\_  
WIC \_\_\_\_\_

**Cash Resources** Cash for groceries \_\_\_\_\_  
*Divide cash set aside for food into cash for groceries and cash for meals away from home.* 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				

