Name:

**What’s in the Fridge Project:**

**Part 1:**

First off we have to make some predictions about your lives. You can do this is partners. But make accordance’s for your own life choices in what you want to do and your luxuries.

1. Where are you going to live when you move out? Pick a city, find a place to rent in it… is it 1 bedroom (or 2 based on if you have a roommate – if yes to roommate who)? What is the monthly rent of your apartment?
2. What are you going to be doing after high school? Find a reasonable job for you to have right after high school and find its annual salary.
3. From your annual salary figure out what you will get paid every 2 weeks. (Divide salary by 24.)
4. What other bills will you have to pay for… electricity (about $50 per month), water (about $20 per month), heating (about $100 per month), phone, internet (at least $50 per month), cable television (at least $50 per month), car insurance, gas (depends how far away you work), if no car transit pass per month etc… estimate what these cost each month and deduct from one of your bimonthly paycheques.
5. What other “luxuries” will you be paying for each month… movies, going out for dinner, etc… estimate how many luxuries you have each month and deduct from your bimonthly paycheques.
6. How much money do you have left each month
7. How much money do you want to save each month – typically you want a 3 month buffer in case of emergency.
8. How much money does that leave you for food each month? AKA your Food Budget.
9. Assuming you eat three meals a day, how much money does that give you for each meal in a month?

**\*STOP!** When this section is done check it over with Ms Miller so she can give you part two.

**Name:**

**Part 2:**

Now that we have our predictions…

1. What kind of groceries will you always have in the house? Examples… flour, eggs, bread… etc..
2. How far is the local grocery from your predicted house (find it online – record the distance) – would you walk, drive, transit to get groceries? How will that effect your purchasing?
3. What kind of groceries would you need to buy every day? Every few days?
4. Predict what you think your fridge and pantry will look like when you move out, what do you expect to be in there? What will you keep stocked.
5. What is something you eat a lot of now? Do you expect to be able to make this when you live alone? Look up prices of ingredients and see if you could make this and stay within your food budget.
6. Based on your predictions go to supercook.com – what can you make with the ingredients kept stocked in your fridge and pantry? Do these meals sound good for you?
7. Look at the cook time and method of one of the meals you could make from your fridge – does this seem like something you could do on your own? What else would we need to assume you have to make this dish?

**\*STOP!** When you are finished this section compare recipes you found in your whole unit. Pick two and submit recipes to Ms Miller. Check over section with Ms Miller to be given part three.

**Name:**

**Part 3:**

Now that we have the details… let’s reflect on what we learned!

1. Did you expect to spend money on those different aspects (bills, luxuries, groceries, etc) in those amounts when you live on your own? Who pays for bills now? Do you expect to get help when you move out?
2. What did you learn from this project that surprised you?
3. What are saving methods or tracking methods you can put into place to ensure you have enough money when you live on your own?
4. What are other considerations when it comes to groceries and shopping that you can put into place for food to ensure you have enough money and food when on your own?
5. What would take priority when you live on your own… food prep time or food ease? Why?
6. What would take priority when you live on your own… food amount or food quality? Why?
7. What would take priority when you live on your own… luxuries or food? Why?