



PLC Grocery/Supermarket Case

Scenario 1

You have only \$75 left until you receive your next assistance check in two weeks. You still need to feed your two-year old, your newborn, and yourself. Both children are in need of diapers and your newborn requires formula.

- Based on the geographic area of your family, would you go to a local corner store or a grocery store?
- How would you get to the store?
- Compare the cost of diapers and formula in a local corner store with that of a larger supermarket in the same area. How are these prices different?
- How much could you buy with the amount of money you have?
- What would your essential items be?
- What differences did you notice between the two types of stores other than prices?

Scenario 2

You have only \$75 dollars until your next pay check in 2 weeks. You need to buy groceries for yourself and your 10 and 13 year old boys. At your last visit to the Pediatrician, you were told that both boys are overweight and need to maintain a healthier diet.

- Compare the cost of fruits and vegetables at the corner store with a larger supermarket in the same area. Are the prices different?
- What is the availability of fruits, vegetables, and items like diet beverages at the two stores? Which is cheaper- a bag of potato chips or enough fresh fruit for a week?
- What can you buy with the amount of money you have?
- What resources in the community could you utilize? What types of food options would they have available?