

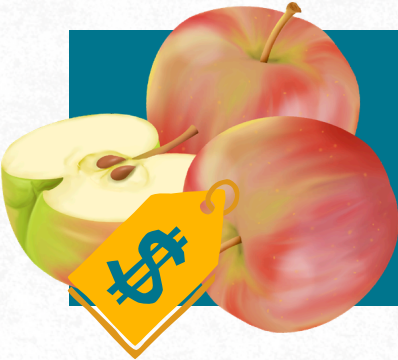
# BUDGETING AND GROCERY SHOPPING



## WHY IT MATTERS FOR MATH

**Grocery shopping is real-world math.** A trip to the grocery store is full of opportunities for children to practice math.

Children can count items, compare prices, estimate totals, weigh produce, and make choices within a budget. These everyday decisions help children see how math helps families plan and make choices.



In one study, researchers placed math prompts in grocery stores encouraging parents and children to talk about numbers while shopping. Prompts such as “How many apples should we buy?” and “Which item costs less?” increased the amount of parent-child conversations about numbers and quantities (Berkowitz et al., 2015).

## IDEAS TO TRY AT HOME

- **The Grocery Budget Challenge.** Give your child a small budget. For example “we have \$10 to choose fruit for the week.” Ask: what can we buy? How much will it cost? Will we stay under the budget?
- **Price Comparisons.** Ask children to compare products. Ask questions like: which yogurt costs less, which cereal box is larger, and which one is the better value?
- **Produce Weighing.** At the produce scale, guess how much the apples weigh, or compare two bags of fruit and ask which one is heavier? Children practice estimation and measurement. Children practice estimation and measurement.



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### Resources:

- [Grocery Store Math Bingo](#) – a fun activity by PBS Kids featuring Peg + Cat
- [The Math of Food, Session 3: Supermarket Math, Budgeting, and Smart Choices](#)

