



How to Play

- 1 Pick one card from each of the food groups.
- 2 Add up the costs per serving. Stay at or under \$3.00.
- 3 Gone over budget? Identify the problem card, then swap it out.



Brown Rice



¼ cup

\$.15



Whole Wheat Pasta



2 oz dry

\$.25



Oats



½ cup dry

\$.20



Whole Grain Bread



1 slice

\$.30



Whole Grain Cereal



1 ½ cups

\$1.15



Canned Tomatoes



½ cup

\$.30



Frozen Spinach



⅓ cup

\$.50



Fresh Broccoli

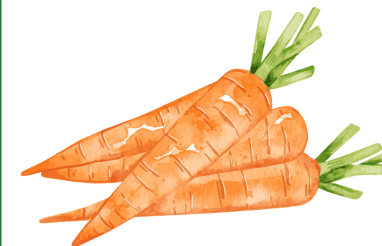


1 cup

\$.50



Fresh Carrots



½ cup

\$.25



Artichoke Hearts

Canned



½ cup

\$1.50



Canned Corn



½ cup

\$.35



Canned Peaches



½ cup

\$.70



Frozen Mixed Berries



½ cup

\$1.50



Banana



1 medium

\$.70



Apple Sauce



½ cup

\$.45



Fresh Strawberries



1 cup

\$1.75



Canned Black Beans



½ cup

\$.30



Canned Tuna



4 oz

\$1.75



Eggs



1 egg

\$.35



Peanut Butter

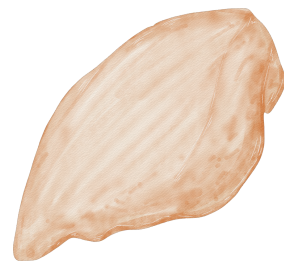


2 tbsp

\$.30



Chicken Breast



3 oz cooked

\$1.00



Tofu



3 oz

\$.55



Yogurt



6 oz

\$.60



Cottage Cheese



½ cup

\$.60



Milk



1 cup

\$.25



Almond Milk



1 cup

\$.50



**BEYOND
HUNGER**

**Build a Balanced
Meal on a
Budget**

Ground Beef



4 oz

\$1.75



Bell Pepper



½ cup chopped

\$1.00



Asparagus



6 spears

\$1.00

