



SHOPPING LIST \$UPERPOWER!

SPEND!



**DID YOU
KNOW?**

Often we go to the store for just a few things but end up buying much more! Learn the power of a Shopping List!



TODAY'S CHALLENGE

- It's time to buy the groceries! Whether it's online or at the shops, first make a Shopping List with your Family.
- Promise one another that you'll only buy what's on the list. What will the consequences be if you break that promise?
- Now take your list and go shopping! Tick the items off your list as you put them in your basket.
- Did you buy anything that wasn't on the list? Were you tempted?

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Creating a shopping list can help you stick to your budget and save money. This activity encourages your child to have a spending plan and stick to it!