**HIST 60t: The History of Hunger**

**Week 4: *Good and Cheap* In-Class Activity**

Imagine you are cooking for four people, including yourself, on SNAP benefits (as described in Leanne Brown’s *Good and Cheap*): $4 a day per person x 4 people = $16 to cover breakfast, lunch, and dinner each day, or $112 per week. Look through *Good and Cheap* and make a meal plan for a week’s worth of meals for four people. Make a grocery list for the week. Figure out which is the cheapest grocery store near Harvard, how long it will take you to get there, what mode of transportation you will use, and how you’ll carry all your groceries on the way back. Write up your meal plan, grocery list, and any math you had to do. Be ready to explain your plan and your choices to the class.

**Monday**

Breakfast:

Lunch:

Dinner:

Snacks (optional):

**Tuesday**

Breakfast:

Lunch:

Dinner:

Snacks (optional):

**Wednesday**

Breakfast:

Lunch:

Dinner:

Snacks (optional):

**Thursday**

Breakfast:

Lunch:

Dinner:

Snacks (optional):

**Friday**

Breakfast:

Lunch:

Dinner:

Snacks (optional):

**Saturday**

Breakfast:

Lunch:

Dinner:

Snacks (optional):

**Grocery List:**

**Closest, cheapest grocery store to Harvard:**

**How would you get there?**