

## **Responsible Independent Shopping**

**Name of Program:** How to Shop Responsibly When Living on Your Own

**Created By:** All Grades / Entire Wing

**Target Audience:** All Grades / Entire Wing

**Strategy for Implementation:** Large group discussion

**Time of Year to Implement:** final quarter/end of year

**Relevant Learning Goal:** Life Skills

### **Specific Lesson Outcomes:**

- Students will demonstrate competence in personal life skills required to live independently
- Students will practice steps for positive decision making

**Purpose:** Students will learn about tips for buying personal groceries that will help them in the future, more specifically when they begin college and living on their own.

### **Planning and Preparation:**

1. Powerpoint will be provided with basic tips and information for students to know when shopping for groceries.
2. Make any desired additions or changes to the powerpoint.
3. Have a computer and tv ready to present to students.

## Program Agenda

1. After students have gathered, explain the intent of the program.
2. they would need to buy if they were living alone. Create a word cloud Slido asking the question: **“What items would you need to purchase if you were living on your own?”**
3. If you notice any important items missing that student’s have not considered, mention them here. Be sure to include examples of groceries, toiletries, etc
4. Begin going through the presentation.
5. Leave time for questions at the end.

## Canvas Questions

1. Did you learn any new tips for grocery shopping that you didn’t know about before?
2. Were there any items that you did not consider you would need to buy for yourself when living alone?
3. Do you feel more prepared to live alone after this program?

## Supplemental Materials

Shopping Powerpoint:

<https://docs.google.com/presentation/d/1uoDksYfTRjH0SuM4UKBhBleD007gcg6GELI4Jenz9Q/edit?usp=sharing>

Sources:

<https://www.collegexpress.com/articles-and-advice/student-life/articles/college-health-safety/your-guide-grocery-shopping-college/>

<https://www.collegiateparent.com/student-life/grocery-shopping-101/>