

MISSION:
FEED THE FAMILY

Can you plan healthy meals, stay under budget, and handle a curveball?



Your family of five needs meals for one week. You have \$100. Plan smart, shop smart, and be ready for anything!



MISSION AREA
Home and Family



TIME
60-90 Minutes

CHALLENGE LEVEL



SKILLS YOU'LL BUILD



Budgeting



Problem Solving



Healthy Choices



Planning Ahead



Adaptability

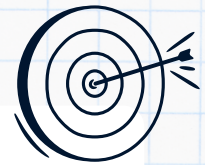


Decision Making

LAB NOTEBOOK



PLAN IT OUT



THE CHALLENGE

Plan 21 meals (breakfast, lunch, dinner) for your family of five for one week using \$100 or less.

THINGS TO CONSIDER

- What meals does your family like?
- What foods are healthy and filling?
- What items can be used in more than one meal?
- What might go on sale?
- How will you avoid waste?

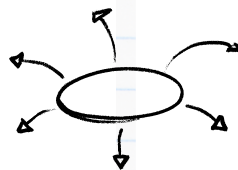
BRAINSTORM



List meal ideas, things to avoid, and any other ideas that might help.

FOODS WE ALREADY HAVE

THINGS THAT CAN SHARE INGREDIENTS





MISSION RESOURCES

Sample Grocery Prices

Prices are approximate and are provided for this challenge.

Actual prices may vary by store and location.

Milk - \$3.79

Eggs - \$3.29

Bread - \$2.49

Butter - \$4.29

Peanut Butter - \$3.29

Jelly - \$2.89

Cereal - \$4.29

Oatmeal - \$3.99

Pancake Mix - \$3.49

Syrup - \$3.99

Flour - \$3.99

Sugar - \$3.49

White Rice - \$4.99

Instant Rice - \$2.99

Spaghetti - \$1.49

Pasta Sauce - \$2.49

Mac & Cheese - \$1.29

Ramen Noodles - \$0.69

Instant Mashed Potatoes - \$2.99

Boxed Rice Mix - \$2.49

Bacon - \$5.99

Sausage - \$4.49

Ground Beef - \$5.99

Chicken Breasts - \$8.99

Family Pack Chicken Thighs - \$10.99

Rotisserie Chicken - \$8.99

Hamburger Patties - \$7.99

Hot Dogs - \$2.49

Hot Dogs - \$2.49

Hot Dog Buns - \$2.19

Hamburger Buns - \$2.19

Sandwich Ham - \$4.99

Turkey Slices - \$5.49

American Cheese - \$2.99

Shredded Cheese - \$3.49

Yogurt - \$3.99

Cottage Cheese - \$2.99

Frozen Pizza - \$6.49

Frozen Lasagna - \$11.99

Chicken Nuggets - \$7.99

Fish Sticks - \$6.99

Frozen Burritos - \$5.99

Frozen Waffles - \$4.29

Canned Soup - \$1.99

Chili - \$2.99

Lettuce - \$2.49

Bagged Salad - \$3.99

Tomatoes - \$2.29

Cucumbers - \$0.99

Bell Peppers - \$1.49

Carrots - \$2.29

Potatoes - \$4.49

Sweet Potatoes - \$3.99

Frozen Vegetables - \$2.49

Green Beans - \$1.49

Canned Corn - \$1.29

Peas - \$1.29

Apples - \$4.99

Bananas - \$0.69/lb

Grapes - \$3.99

Oranges - \$4.49

Strawberries - \$3.99

Blueberries - \$3.99

Applesauce - \$2.49

Fruit Cups - \$3.49

Tortillas - \$2.99

Tortilla Chips - \$3.49

Salsa - \$2.99

Crackers - \$2.99

Granola Bars - \$3.99

Potato Chips - \$4.29

Juice - \$3.49

Bottled Water - \$4.99

Coffee - \$6.99

Tea - \$3.29

Ketchup - \$2.99

Mustard - \$1.79

Mayonnaise - \$3.99

Barbecue Sauce - \$2.99

Cookies - \$3.49

Ice Cream - \$5.49

Deli Sandwich Kit - \$9.99

Lunch Pack - \$4.99



MAKE YOUR PLAN!



MEAL PLANS



GROCERY LIST



Figuring Space

GREAT IDEAS





CURVEBALL

Your daughter needs
\$20 for basketball
signups!

Now you only have \$80 to feed your
family. What changes will you
make to your meals and your
grocery list?

CHALLENGE TWIST



MISSION



DEBRIEFING



PRESENT YOUR CASE

Convince us your plan is the best choice.

Why did you choose the things you did?

What was the hardest decision?

How did the Curveball change your thinking?



LEARN FROM OTHERS

Did someone else have an idea you really liked? Why?

Is there anything you would change after hearing everyone else's ideas?



DIG DEEPER

What surprised you the most?

What is one thing you learned today that you'll use in real life?



CHALLENGE RATING

- ☐ Very Easy
- ☐ Easy
- ☐ Just Right
- ☐ Challenging
- ☐ Very Challenging



MY BIGGEST TAKEAWAY

The biggest thing I'll remember from this challenge is...
(Write it in the space next to this box!)



Challenge Coach Guide

Mission Goal

Life Lab challenges build confidence through real-life challenges that develop problem-solving, decision-making, and communication skills.

Before You Begin

Allow the student to think through the challenge independently. There is no single "right" answer. The goal is to encourage thoughtful decisions and meaningful discussion - not perfect solutions.

Your Role

As the Challenge Coach, your job is to ask questions, encourage discussion, and help the student think through problems - not solve them.



Coaching Questions

- Why did you choose that?
- What other options did you consider?
- What happened after the Curveball?
- Is there another solution?
- What trade-offs did you have to make?

CURVEBALL

Give the student time to revise their plan before offering suggestions. Real life rarely goes exactly as planned. Encourage flexibility and creative thinking.



Success Looks Like

By the end of the challenge, the student should be able to:

- ✓ Explain their thinking.
- ✓ Adapt when circumstances change.
- ✓ Defend their decisions.
- ✓ Learn from the ideas of others.



**ANOTHER CHALLENGE IS JUST AROUND
THE CORNER. ARE YOU READY?**

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