



Task Title: Make a Grocery List

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☐

Task Description: The learner will look at a grocery store flyer and make a list of items they may need at home in the next week.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Interpret documents/Interpret documents/A2.1
- Communicate Ideas and Information/Interact with others/B1.1 OR Communicate Ideas and Information/Write continuous text/B2.1
- Communicate Ideas and Information/Complete and create documents/B3.1b
- Understand and Use Numbers/Manage money/C1.1

Materials Required:

- Pen/pencil and paper and/or digital device
- Calculator or digital device with calculator function (optional)

Task Title: MakeAGroceryList_I_A2.1_B1.1_B3.1b_C1.1

Learner Information

Using a grocery store flyer can help you make a weekly shopping list. You may want to purchase items you use regularly when they are on sale.

Scan the "Food Basics Grocery Flyer".

Food Basics Grocery Flyer

food Basics CRAZY

8 CRAZY 188 EACH
BLUEBERRIES

8 CRAZY 288 EACH
ORANGE
NAVEL ORANGES
LEMONS

8 CRAZY 388 EACH
Dole CHOP CHOP SALADS & KITS
SWEET CORN MAIS SUCRE
CHOP CHOP KAT CHILIPOTES & CHEEDAR

8 CRAZY 588 EACH
6" POINSETTIA

moi rewards
redeem 500 points = \$4 in rewards
join today and save
i earn, redeem and save
GET READY TO SAVE! GREAT PRICES START ON THURSDAY, DECEMBER 5TH TO WEDNESDAY, DECEMBER 11TH, 2024

ALWAYS MORE FOR LESS

MEANS MORE WAYS TO SAVE

299 EACH
SELECTION ITALIAN BREAD
ITALIA

444 EACH
THE ICE CREAMIST
BORDEAUX CHERRY
MIRIS/STIBLES ICE CREAM 1.5L NOVELTIES

444 EACH
SELECTION OR LIFE SMART NATURALIA
PEANUT BUTTER
SMOOTH

799 EACH
LIFE SMART NATURALIA
BASA FILETS
Basa Pangasius

food Basics CRAZY

HOLIDAY MORE FOR LESS 8 SALE

8 CRAZY 188 EACH
SELECTION BAGELS, 7" TORTILLAS, ENGLISH MUFFINS OR OAKRIND CRUMPETS

8 CRAZY 488 /LB
PRIME OR MINA HALAL BONELESS SKINLESS CHICKEN BREAST FAMILY PACK 10.76 KG

8 CRAZY 188 EACH
DE CECCO PASTA
DE CECCO PASTA REGINA MOLISANA PASSATA

8 CRAZY 388 EACH
Schneiders Ready Crisp Natural Bacon natural

8 CRAZY 188 EACH
I CAN'T BELIEVE IT'S NOT BUTTER! ORIGINAL

8 CRAZY 388 EACH
Schneiders Blue Ribbon CLASSIC BOLOGNA BOLOGNE CLASSIQUE

8 CRAZY 188 EACH
CLOVER LEAF ALBACORE TUNA SOLID WHITE TUNA FLAKED WHITE TUNA

8 CRAZY 288 EACH
HEREFORD CORNED BEEF BOEUF SALE

8 CRAZY 788 EACH
Tide SIMPLY ALL IN ONE LAUNDRY DETERGENT

8 CRAZY 488 EACH
Black Diamond MARBLE MARBRE BLACK DIAMOND CHEESE SWISS GALBANI MOZZARELLA

i earn, redeem and save with moi rewards
GET READY TO SAVE! GREAT PRICES START ON THURSDAY, DECEMBER 5TH TO WEDNESDAY, DECEMBER 11TH, 2024

*We reserve the right to limit purchases to reasonable quantities. Limits are shown on each product's entry. Details (including all store or FoodFest locations, certain prizes and special offers) are available in our flyers or may be emailed. To view local store flyers, visit foodfest.boston.com, where you can create an account (with sign into your account) and select your preferred location. Some illustrations in this flyer do not necessarily represent items for sale and are for design only. We reserve the right to correct any unintentional error that may occur in the copy or illustration. Permissions for selling or resale of certain items are in compliance with our regular retail prices. Prizes are effective through June 8, through closing Wednesday. Other exceptions may apply. *Compare all references in this comparison to that of a regular retail price. Commercial resale of our products is prohibited. Upon presentation of this flyer, select prizes and/or special offers may be available. All prizes and special offers are available at participating locations. The terms and conditions of the program are subject to change without notice. All prizes are available on a first-come, first-served basis. See www.foodfest.com for details. *Minimum purchase required at FoodFest Boston. Redeemable at participating store locations as a balance of \$50 prizes. (34 value).

i earn with moi rewards

moi
rewards

i redeem and
save on what
i buy most often

redeem
500 = **\$4**
points in rewards

join today and save

Limits of one Moi Rewards bonus offer per account per day. Certain conditions apply. See in-store website for the complete. Moi Rewards is a trademark of Albert Heijn.

50
points

THIS WEEK ONLY
12⁹⁹
EACH

20
points

THIS WEEK ONLY
4⁹⁹
EACH

MAPLE LODGE ULTIMATE
CHICKEN DINNER OR BREAKFAST SAUSAGES
ANY SIZE SELECTED VARIETIES

25
points

THIS WEEK ONLY
5⁹⁹
EACH

SCHNEIDERS
BREAKFAST
SANDWICHES OR
EGG BITES
ANY SIZE SELECTED VARIETIES

25
points

LOCKED DOWN
5⁹⁹
EACH

iögo YOGURT
ANY SIZE SELECTED VARIETIES

40
points

LOCKED DOWN
8⁹⁹
EACH

CASTELLO HAVARTI
ANY SIZE SELECTED VARIETIES

15
points

LOCKED DOWN
3³³
EACH

PIZZA POPS
PIZZABURGER
ANY SIZE SELECTED VARIETIES

10
points

LOCKED DOWN
2⁹⁹
EACH

EARTH'S OWN
OAT BEVERAGE
ANY SIZE SELECTED VARIETIES

30
points

LOCKED DOWN
4⁹⁹
EACH

KELLOGG'S
EGGO WAFFLES
ANY SIZE SELECTED VARIETIES

15
points

LOCKED DOWN
3³³
EACH

PIZZABURGER
TOASTER STRUDEL
ANY SIZE SELECTED VARIETIES

40
points

LOCKED DOWN
6⁴⁹
EACH

BURNBRAE MINI
EGG BITES! QUICHE
ANY SIZE SELECTED VARIETIES

20
points

LOCKED DOWN
2⁹⁹
EACH

DARE CRACKER
ANY SIZE SELECTED VARIETIES

20
points

LOCKED DOWN
2⁹⁹
EACH

BRETON
ANY SIZE SELECTED VARIETIES

25
points

LOCKED DOWN
5⁹⁹
EACH

FLEECY
FABRIC SOFTENER SHEETS
ANY SIZE SELECTED VARIETIES

20
points

LOCKED DOWN
4⁹⁹
EACH

GLAD CLING WRAP
ANY SIZE SELECTED VARIETIES

50
points

LOCKED DOWN
13⁹⁹
EACH

FINISH
POWERBALL
QUANTUM
ULTRASONIC
DISHWASHER
TABS
ANY SIZE SELECTED VARIETIES

PRODUCE

SWEET POTATOES PRIMA D'OR LARGE PURPLE SWEET POTATOES PRODUCT OF U.S.A., MINIMUM 100% SOLIDS 2.82/KG THIS WEEK ONLY 1²⁸ /LB	TOMATOES ON THE VINE PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE 4.37/KG THIS WEEK ONLY 1⁹⁸ /LB
BLACKBERRIES OR RASPBERRIES PRODUCT OF CANADA, U.S.A. OR U.S.A. NO. 1 GRADE 100% SOLIDS THIS WEEK ONLY 3⁹⁸ EACH	BROCCOLI CROWNS PRODUCT OF U.S.A. & MEXICO THIS WEEK ONLY 1⁹⁸ EACH

AVOCADOS PRODUCT OF MEXICO, U.S.A. OR U.S.A. PRIME OF GREECE, NO. 1 THIS WEEK ONLY 3⁹⁸ EACH	RED, YELLOW OR ORANGE PEPPERS PRODUCT OF CANADA, U.S.A. OR U.S.A. 8.77/KG THIS WEEK ONLY 3⁹⁸ /LB
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LITTLE POTATO CO. "WE LOVE LOCAL" LPC POTATO KITS PRODUCT OF CANADA 100% SOLIDS THIS WEEK ONLY 2/\$7	HONEY CRISP "WE LOVE LOCAL" ONTARIO APPLES PRODUCT OF CANADA 100% SOLIDS 1.18/KG THIS WEEK ONLY 4⁹⁸ EACH
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GREEN CABBAGE PRIMA D'OR EXTRA LARGE 1.94/KG THIS WEEK ONLY 88¢ /LB	RED OR GREEN SEEDLESS GRAPES PRIMA D'OR EXTRA LARGE 8.77/KG THIS WEEK ONLY 3⁹⁸ /LB
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FRESH ATTITUDE SALADS & KITS 100% SOLIDS SELECTED VARIETIES THIS WEEK ONLY 4⁹⁸ EACH	CLEMENTINES PRODUCT OF MEXICO 4 LB THIS WEEK ONLY 6⁸⁸ EACH
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CANARY MELON PRIMA D'OR 2.82/KG THIS WEEK ONLY 1²⁸ /LB	WHITE, YELLOW, RED OR RUSSET POTATOES PRIMA D'OR CANADA NO. 1 GRADE 1.18/KG THIS WEEK ONLY 3⁹⁸ EACH	GRAPE TOMATOES PRIMA D'OR CANADA NO. 1 GRADE 2.82/KG THIS WEEK ONLY 2⁹⁸ EACH	ONTARIO BARTLETT OR BOSCH PEARS PRIMA D'OR CANADA NO. 1 GRADE 1.18/KG THIS WEEK ONLY 3⁹⁸ EACH
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FLORAL

8 STEM TULIPS PRIMA D'OR 100% SOLIDS THIS WEEK ONLY \$7 EACH	5 STEM ROSES PRIMA D'OR 100% SOLIDS THIS WEEK ONLY \$7 EACH	12 STEM POINSETTIA PRIMA D'OR 100% SOLIDS THIS WEEK ONLY 9⁹⁸ EACH	5" PREMIUM ORCHIDS PRIMA D'OR 100% SOLIDS THIS WEEK ONLY 14⁹⁸ EACH
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MEAT

PRIME TURKEY TENDERLOIN PRIMA D'OR 60g-1lb THIS WEEK ONLY 5⁹⁹ EACH	PRIME RAISED WITHOUT ANTIBIOTICS GROUND CHICKEN OR TURKEY PRIMA D'OR 60g-1lb THIS WEEK ONLY 4⁴⁹ /LB
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FRESH WHOLE CHICKEN WINGS PRIMA D'OR 7.69/KG THIS WEEK ONLY 3⁴⁹ /LB	FRESH MEDIUM GROUND BEEF FAMILY PACK 13.21/KG THIS WEEK ONLY 5⁹⁹ /LB
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COHO SALMON FILLET PRIMA D'OR 25.43/KG THIS WEEK ONLY 11⁹⁹ /LB	FRESH BONELESS INSIDE BLADE ROAST OR FAMILY PACK STEAKS 100% SOLIDS 24.23/KG THIS WEEK ONLY 10⁹⁹ /LB
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FLETCHER'S CURED PORK CABBAGE ROLLS 6.98/KG THIS WEEK ONLY 2⁹⁹ /LB	MAPLE BBQ SAUCE OR ZABAR'S MAPLE CHICKEN WINGS PRIMA D'OR 2/\$5 THIS WEEK ONLY 25 points	SCHNEIDER'S BREAKFAST SAUSAGES OR EGG BITES PRIMA D'OR 5.99 EACH	LOU'S KITCHEN OR KALO'S COOKED ENTREES PRIMA D'OR 9.99 EACH
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IRRESISTIBLES HUMMUS OR DIPS PRIMA D'OR 3.49 EACH	PILLER'S KOLBASSA OR PEPPERONI FOR PIZZA PRIMA D'OR 5.99 EACH	IRRESISTIBLES ARTISAN SMOKED BONELESS HALF MOON HAM 13.21/KG THIS WEEK ONLY 5⁹⁹ /LB	MARC ANGELO JUNIOR PORK SAUSAGES PRIMA D'OR 6.99 EACH
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TORREBELLINI FRESH PASTA PRIMA D'OR 2.49 EACH	O'SOLE MIO FRESH PASTA PRIMA D'OR 2.49 EACH	MONSEIGNEUR GUSTAV GOUDA OR CREAM BRIE OR CAMEMBERT PRIMA D'OR 3.99 EACH	PILLER'S CACCIAOTORE OR SLICED GENOA OR SAN DANIELE PROSCIUTTO PRIMA D'OR 6.49 EACH	MASTRO CACCIAOTORE OR SLICED GENOA OR SAN DANIELE PROSCIUTTO PRIMA D'OR 7.99 EACH
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IRRESISTIBLES SALT & PEPPER CALAMARI PRIMA D'OR 6.99 EACH	NORTHERN KING WHOLE TILAPIA OR ANCHOVY BAY COOKED SHRIMP PRIMA D'OR 7.49 EACH	LIFE SMART NATURAL FISH FILLETS PRIMA D'OR 8.99 EACH	HADDOCK PRIMA D'OR 12.99 EACH
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LOCKED DOWN

ACTIVIA YOGURT
100g
349 EACH

QUAKER CRISPY MINIS
CHEDDAR
299 EACH

GAY LEA SOUR CREAM
199 EACH

NUTELLA HAZELNUT SPREAD
649 EACH

BURNBRAE EGG CREATIONS
449 EACH

PRINGLES POTATO CHIPS
249 EACH

TWININGS HERBAL TEA
499 EACH

NESTLE CARAMEL HOT CHOCOLATE MIX
449 EACH

CLUB HOUSE SPICES
399 EACH

CATELLI GLUTEN FREE PASTA
299 EACH

VOORTMAN WATER COOKIES
2/\$5

CAMPBELL'S BROTH
199 EACH

HARVEST SNAPS PEA SNACKS
299 EACH

PRIMO LASAGNE
249 EACH

CLOROX BLEACH
499 EACH

LYSOL DISINFECTANT WIPES
599 EACH

PLEDGE FURNITURE POLISH
699 EACH

BRITA WATER FILTER JUG
2099 EACH

FREE \$10 Food Basics gift card

with the purchase of a \$50 Reitmans or Uber gift card

Offer valid December 5 - 11

Available at **food Basics**

ALWAYS GREAT PRICE

IRRESISTIBLES CREAMY YOGURT
577 EACH

SELECTION FRIED POTATOES
499 EACH

LIFE SMART NATURALIA TORTILLA CHIPS
299 EACH

IRRESISTIBLES LIFE SMART OR SELECTION BEANS
149 EACH

SELECTION OR LIFE SMART MIXED NUTS
1999 EACH

SELECTION DRINKS
127 EACH

SELECTION MACARONI & CHEESE
137 EACH

SELECTION ENTREES
599 EACH

SELECTION SOUP
99c EACH

IRRESISTIBLES CHOCOLATE COVERED ALMONDS
444 EACH

SELECTION CRACKERS
327 EACH

SELECTION PARMESAN CHEESE
649 EACH

SELECTION CHERRY PIE FILLING
499 EACH

SELECTION SNACKS OR IRRESISTIBLES POPCORN
199 EACH

SELECTION BAKING SODA
349 EACH

SELECTION ALUMINUM FOIL
2199 EACH

SELECTION FACIAL TISSUE
1299 EACH

SELECTION BATHROOM TISSUE
1999 EACH

Work Sheet

Task 1: Look over the flyer and think about the grocery items you might need at home over the next week.

- a) Write a grocery list with at least ten items on it. Try to find some items on sale if you can.**
- b) Add the prices for the items on your list. Some grocery store items have tax added, and some do not. For this task, add the price exactly as it is listed in the flyer. This is the price without tax and your total cost for your grocery items would probably be higher.**

Answer:

GROCERY ITEM	PRICE

Task Title: MakeAGroceryList_I_A2.1_B1.1_B3.1b_C1.1

Task 2: Show your grocery list to your instructor. Explain why using a flyer like this is helpful. Give your instructor at least two reasons. (If you are doing this task online and unable to talk to your instructor, write your answer below.)

Answer:
