

	SUMMER	WINTER
Number of people	86	12
Time between deliveries	3 weeks (21 days)	6 weeks (42 days)

Grocery shopping for Scott Base

Here is a very basic meal plan for one person for one day. Use this, and the data in the table in the top right corner to work out the size of the grocery shop required! Start with a calculation for summer, and then try repeating it for winter.

Meal	Food	Amount for one person	Amount for all people	Amount for all people until the next delivery	Simplified amount <i>(can you simplify your numbers so they are easy to use?)</i>		Estimate the number of shopping trolleys
Breakfast	Toast	3 slices			1 loaf = 20 slices		
	Eggs	2			1 carton = 12 eggs		
	Orange juice	1 cup			1 litre = 5 cups		
	Coffee	1 spoon			500g pack = 18 tablespoons		
Lunch	Bread rolls	2			1 bag = 6 rolls		
	Tomatoes	1			1kg = 12 tomatoes		
	Cheese	2 slices			1kg = 100 slices		
	Biscuits	2			1 packet = 20 biscuits		
	Banana	1			1 bunch = about 7 bananas		
Dinner	Sausages	2			1 packet = 12 sausages		
	Potatoes	3			1kg = 15 potatoes		
	Carrots	1			1kg = 10 carrots		
	Peas	1/2 cup			1kg = 6 cups		
	Ice cream	1/2 cup			2L tub = 10 cups		
	Tinned fruit	1/2 cup			1 x 330ml tin = 1.5 cups		

	SUMMER	WINTER
Number of people	86	12
Time between deliveries	3 weeks (21 days)	6 weeks (42 days)

Grocery shopping for Scott Base

Here is a template for you to plan a menu for one person for one day. Use this, and the data in the table in the top right corner to work out the size of the grocery shop required! Start with a calculation for summer, and then try repeating it for winter.

Meal	Food	Amount for one person	Amount for all people	Amount for all people until the next delivery	Simplified amount <i>(can you simplify your numbers so they are easy to use?)</i>		Estimate the number of shopping trolleys
Breakfast							
Lunch							
Dinner							

Example Calculations

Meal	Food	Amount for one person	Amount for all people	Amount for all people until the next delivery	Simplified amount <i>(can you simplify your numbers so they are easy to use?)</i>		Estimate the number of shopping trolleys
Breakfast	Toast	3 slices	258	5,418	1 loaf = 20 slices	271 loaves	
	Eggs	2	172	3,612	1 carton = 12 eggs	301 cartons	
	Orange juice	1 cup	86	1,806	1 litre = 5 cups	361 litres	
	Coffee	1 spoon	86	1,806	500g pack = 18 tablespoons	100 x packs	
Lunch	Bread rolls	2	172	3,612	1 bag = 6 rolls	602 bags	
	Tomatoes	1	86	1,806	1kg = 12 tomatoes	150kg	
	Cheese	2 slices	172	3,612	1kg = 100 slices	361kg	
	Biscuits	2	172	3,612	1 packet = 20 biscuits	181 packets	
	Banana	1	86	1,806	1 bunch = about 7 bananas	258 bunches	
Dinner	Sausages	2	172	3,612	1 packet = 12 sausages	301 packets	
	Potatoes	3	258	5,418	1kg = 15 potatoes	361kg	
	Carrots	1	86	1,806	1kg = 10 carrots	180kg	
	Peas	1/2 cup	43	903	1kg = 6 cups	150kg	
	Ice cream	1/2 cup	43	903	2L tub = 10 cups	90 tubs	
	Tinned fruit	1/2 cup	43	903	1 x 330ml tin = 1.5 cups	602 tins	