## **Food Cost**

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Tracking cost of food for each grocery shop can help with staying within budget without compromising your nutrition and health goals. Keeping track of your food cost allows you to monitor the pricing of food providing you with better sense of mark-ups or for "on sale" items, and can help with decision making when you're at the store.

A spreadsheet with a list of items to be tracked overtime can be created and updated regularly to provide an extensive list to track the cost of food if desired. Improving your food budget with a food cost list can help to organize your spending, and help with your financial goals overall.

Below is a sample of a food cost list. This list can be used or organized in whichever way that works best for your needs, for example create separate lists for a weekly/ monthly grocery shop or for specific meals/ recipes/ events.

Quantity	Food Item	Cost per Unit	Cost Amount: (quantity X cost/unit
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$