



What's for dinner?

The kind of food you eat depends on where you live in the world. It also depends on the money your family earns. Most Worldbuddy families earn less than NZ\$1.50 a day.

Choose a challenge from the box below to find out what this might be like. Ask a grown-up to help you.

Rating	Challenge
Easy	Make a dinner for your family that only costs \$1.50 per person.
Hard	Make all the meals for one day for your family using only \$1.50 per person.

Have you ever wondered what your Worldbuddy has for dinner? To find out ask your grown-up to help you do a Google search online.

Here's what to do:

1. Multiply the number of people in your family by \$1.50 to find out how much money you have to spend for your challenge.
2. Read the [Cheap meal tips](#) to help you get started.
3. Draw up a [Food planner](#) using the example below.
4. Head to the supermarket (or use food advertisements) with your [Food planner](#) and a calculator to work out what you will need to complete your challenge.
5. Once you have completed your research and got the food you need make your meals and enjoy them!

An idea to consider

You could use the money you save from eating more simply to help pay your Worldbuddy sponsorship. If you do this regularly, e.g. once a month, it would help you remember what life is like for your Worldbuddy as well as help pay your sponsorship.

Cheap meal tips:

- Choose filling, nutritious but cheap foods like, porridge, rice, baked beans, etc.
- Avoid more expensive foods like meat, cheese, muesli, etc.
- Look for vegetables and fruit that are in season and grown locally.
- Check out specials, and use coupons to make the money go further.
- Don't waste any food.
- Consider 'free' food options, e.g. your grandma's apple tree.
- Drink tap water (not bottled!).

Food planner		
Food item	How much?	Cost
e.g. Porridge	2 cups	\$0.72

