

The Supermarket

Challenge

Instructions

Going to the supermarket with the kids is a pretty common ritual for most families and often a headache at the same time. But it's also one of the best practical opportunities to educate your child around making really good spending decisions with money. It can also be something fun instead of frustrating, especially if it becomes more of a game than a chore.

The Supermarket Challenge

is really simple:

- 1 Before you go to the supermarket sit down with your child and come up with a shopping list of the items you need.
- 2 Based on experience, estimate how much you think the total shop might cost, and write it on the shopping list. Then give the list to your child to hold on to while you do the shop.

The goal

Explain to your kid that if you can get all the items on the list without going over the amount you wrote down, you win!

The real impact of this game happens over time.

Next shop, use the amount from the last shop as your goal, and if you can get all the items on the list for less than that, you win again! Some weeks you'll need to spend more than previous weeks (e.g. when you're stocking up on washing powder). Chat to your kid about this and how it impacts the cost.

Then do the same the next week, and the next week, and so on.

A few tips:

If you feel confident, offer to reward your child with a portion of the amount that you manage to save off the shop that week to really encourage them to help you out!

Take the opportunity to point out the different price tags of items on the shelf and encourage your child to identify the cheapest and most expensive ones. Help them tell the difference between dollars and cents.

More than one child? Give each of them a role: trolley pusher, price calculator, shopping list checker, product finder, etc.

When going through the list identify each item as a 'need' or a 'want', and explain what the difference is. Even better, make a point of getting the needs on the list first before the wants.