
Good Tidings
where reading feels like fun
Read the Recipe Packet
At-Home Version
A family kitchen adventure in reading, planning, and math
Grocery List
Read • Plan • Shop • Cook • Share
GoodTidingsBooks.com

Name: _____ Date: _____

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Read the Recipe

Start with a Guest List

My first job: make room for everyone!

Who is coming to dinner? Include yourself and anyone cooking.
Write names below. Ask a grown-up to help check your list.

	Guest name	A favorite food or helpful note
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Count every place at the table.

Children: ____ + Grown-ups: ____ = Total guests: ____

Welcome-maker mission

How could you help one guest feel welcome?

_____

_____

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Read the Recipe

Scale the Recipe for Ten Guests

My next job: make enough to share!

A recipe tells us how much to use. More guests need more food!

Autumn Apple Crunch Cups

Makes 5 servings. For 10 servings, make two equal batches.

5 + 5 = 10 Double each amount: amount + amount.

Ingredient	For 5 guests	For 10 guests
Chopped apples	2 cups	_____
Plain yogurt	1 cup	_____
Oat cereal	5 tablespoons	_____
Ground cinnamon	1/4 teaspoon	_____

Show your thinking: Draw two batches or write an equation.

_____

_____

Ready for a bigger challenge?

A different recipe serves 4. For 10, use 2 1/2 times as much.

2 cups of apples becomes ____ cups. Explain: _____

kitchen teamwork

Read all steps first. An adult chops the apples. Measure, mix the apples and yogurt, divide into 10 cups, then add cereal and cinnamon.

Grown-up: Check food needs. Younger children can count two groups of five.

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Pantry Detective

Check first. Combine next. Buy only what you need.

Recipes

1. Read every recipe. Use the amounts for your guest count.
2. Combine repeated ingredients into one entry.
3. Check the pantry, refrigerator, and freezer with a grown-up.

Apple check:
4 cups + 1 cup = 5 cups needed.
We have 1 cup.
We need to buy 4 cups.

Ingredient	Recipe amounts	Total needed	Have	Need to buy

Remember the units!
Write cups, teaspoons, or item counts. Ask for help if units differ.

My pantry surprise: Something we already have is...

_____

Grown-up tip: Younger children can count or dictate. Older children can add fractions.

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Read the Recipe

My Grocery List

One ingredient. One line. The amount we still need.

Use your pantry check. Copy only what you still need to buy.
Combine repeated ingredients into one entry. Include the amount and unit.

	Item to buy	Amount + unit	For which recipe?
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			
☐			

List inspector

☐ I checked what we have. ☐ I combined repeats. ☐ I included amounts.

How many different items do we need to buy? _____

Next: Sort your items by store section.

Name: _____ Date: _____

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Read the Recipe

Sort It, Shop It!

Give every grocery item a place to go.

Move each item from your grocery list into one section.
Copy its amount, too. Write each item only once.

Produce
Fruits and vegetables



_____
_____
_____

Dairy & Eggs
Milk, yogurt, cheese, eggs



_____
_____
_____

Bakery
Bread, rolls, tortillas



_____
_____
_____

Deli
Sliced meats and prepared foods



_____
_____
_____

Meat & Seafood
Fresh meat, poultry, fish



_____
_____
_____

Pantry & Baking
Cans, cereal, flour, spices



_____
_____
_____

Frozen Foods
Frozen fruit, vegetables, meals



_____
_____
_____

Other
Anything else on your list



_____
_____
_____

Store detective tip Stores vary. Put each item where your store keeps it.

Grown-up tip: At the store, let your child read the next item aloud.

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Read the Recipe

The Grocery Budget Challenge

Read the flyers. Find the deals. Make a plan!

Our grocery budget: $_____

Stores we will compare: _____

Flyer detective mission

1. Read this week's store flyers with a grown-up.
2. Circle deals on items already on your grocery list.
3. Check the size, sale dates, and any limits or coupon rules.
4. Write the best choices below. A sale is useful only if you need it!

	Item + size	Store	Deal price	Why this deal?
1				
2				
3				
4				
5				

Estimate before you go

Use your full grocery list, not just the sale items.

Estimated cost of all items: $_____

Extra room for tax, deposits, or price changes: $_____

Planned total: $_____

Budget minus planned total: $_____

My plan is: ☐ Under budget ☐ On budget ☐ Over budget

If we are over budget, what could we change?

_____

Grown-up: Help calculate costs for the quantities you need.

Name: _____ Date: _____

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Read the Recipe

Our In-Store Shopping Challenge

Read. Compare. Count. Check!

Produce
Dairy
Bakery
Deli
Pantry

Fresh Food Happy Families ♡

Look Read Find

1. Follow the signs

Read the aisle signs. Find two items from your list.

Item	Aisle or section

2. Compare before you choose

Compare a store brand and a name brand of the same item. Use the same unit: price per ounce, pound, or item.



Brand	Package price	Unit price
Store brand	$	$
Name brand	$	$

Our choice: _____ Why? _____

3. Keep a running total

Write each item's cost for the quantity you buy. Add it to your total.



Item + quantity	Cost	Running total
	$	$
	$	$
	$	$
	$	$

Our budget: $ _____ Estimated cart total: $ _____

4. Read the receipt together

Find an item, a discount, any tax or fees, and the final total.



Receipt total: $ _____ Budget minus receipt total: $ _____

We finished: ☐ Under budget ☐ On budget ☐ Over budget

Did the total match our estimate? What changed? _____

_____

Grown-up: Help with unit-price math and keep the full cart total on extra paper if needed.

Name: _____ Date: _____

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Read the Recipe

Keep a Running Total

Take your list. Check the price. Add as you shop!

Our budget: $_____

Copy your grocery list before you go. In the store, write each item's cost. Buying more than one? Write the cost for all of them. Add each cost to your total.

Item on my list	Quantity	Item cost	Total so far
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____
☐ _____	_____	$ _____	$ _____

Cart check

Estimated cart total: $_____

Budget minus cart total: $_____

☐ Under budget ☐ On budget ☐ Over budget

Grown-up: Help with multiplication. Leave room for tax, fees, and price changes.

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Read the Recipe

My Dish, My Plan

Choose it. Price it. Make it work!

My dish: _____

Recipe title or source: _____

Serves: ___ people My dish budget: $ _____

Find a recipe. Read it all the way through. Adjust the amounts for your guest count.

Price the ingredients

Use store prices. For a full-package purchase, count the whole package cost.

Ingredient	Amount needed	Packages to buy	Cost to buy
			$
			$
			$
			$
			$
			$

Already have it at home? Write $0 to buy. This is a shopping-cost estimate.

What will my dish cost?

Total cost to buy ingredients: $ _____

Total cost $ _____ ÷ _____ people = $ _____ per person

Use your total ingredient shopping cost in the first blank.

Make it fit

Budget minus total cost: $ _____

☐ Under budget ☐ On budget ☐ Over budget

If needed, change an ingredient, brand, or dish. Keep enough servings.

My adjustment: _____

New total: $ _____ New cost per person: $ _____

Grown-up: Help with package quantities, division, and food needs. No budget? Choose one together.

Name: _____ Date: _____

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On the Menu

A little dish. A lot of heart.

Our special dish

_____

_____

Made with

_____

_____

_____

A little note from the chef

_____

_____

_____

Planned with care by _____

Write neatly, decorate, and place your menu card on the table.