**CREATIVE PROBLEM SOLVING**

**PRACTICAL TASK**

**A Grocery Shopping Challenge**

**Objective of the task:** To use logical thinking in everyday life decisions.

**Task**: You have a budget of 100 Eur to buy groceries for the week. You need to ensure you purchase enough food for breakfast, lunch, and dinner each day, but you also want to stay within your budget. You’ve already planned the meals and created a shopping list with approx. costs for each item. However, when you get to the store, you realize that some of the prices are higher than expected, and you need to make adjustments without exceeding the 100 Eur limit.

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| **MENU** | **SHOPPING LIST** |
| **Monday*** *Breakfast*: scrambled eggs with toast, cucumber slices, and a glass of milk.
* *Lunch*: chicken cutlets with mashed potatoes and steamed carrots.
* *Dinner*: pasta with cheese and ham, served with a fresh cucumber and tomato salad.
 | **Meat, Fish & Protein*** Chicken breast (1.5 kg) – €12
* Chicken cutlets (500 g) – €5
* Ground beef (for stew, burgers, soup) (1.2 kg) – €12
* Pork (for skewers) (1 kg) – €10
* Ham (for breakfast, omelets, toasties) (300 g) – €3
* Cheese (for omelets, toasties, pasta) (300 g) – €4
* Salmon fillets (4 portions, ~600 g) – €10
* White fish fillets (500 g) – €6
* Eggs (12 pcs) – €3
* Yogurt (for breakfasts and snacks) (1 kg) – €3

**Vegetables & Fruits*** Potatoes (4 kg) – €4
* Carrots (1.5 kg) – €2
* Broccoli (2 heads) – €3
* Green beans (500 g) – €3
* Cauliflower (1 head) – €2.5
* Tomatoes (1 kg) – €3
* Cucumbers (1 kg) – €2.5
* Avocado (2 pcs) – €3
* Cabbage (1 small head) – €2
* Mixed salad greens (1 bag) – €2.5
* Bananas (1 kg) – €2
* Apples (1 kg) – €2
* Strawberries (500 g) – €4 (can vary depending on season)
* Mixed berries (for smoothies, oats) (500 g) – €4
* Lemon (for fish and dressing) – €1

**Grains & Bread*** Wholegrain bread (for toast, burgers, side) – €2
* Pancake mix or flour (1 kg) – €1.5
* Granola (500 g) – €4
* Rice (1 kg) – €2
* Pasta (500 g) – €1.5
* Oats (500 g) – €1.5

**Dairy*** Milk (2 liters) – €3
* Butter (200 g) – €2
* Sour cream (500 g) – €2
* Cream cheese (for toasties) (200 g) – €1.5

**Pantry items & Condiments*** Olive oil (1 liter) – €6
* Sunflower oil (for cooking) (1 liter) – €3
* Honey (for breakfast and snacks) (250 g) – €4
* Maple syrup (for pancakes and French toast) (250 ml) – €6
* Salt, pepper, spices (for meat seasoning) – €3
* Ketchup/mayo (for burgers, fries) – €2
* Baking powder (for pancakes) – €0.5

**Snacks & Sweets*** Chocolate (for pancakes and desserts) (100 g) – €2
* Jam (for pancakes and toasties) (200 g) – €2
* Muffin mix or baking ingredients – €3
* Fresh fruit for snacks – €5 (apples, bananas, grapes, etc.)
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| **Tuesday*** *Breakfast*: oatmeal with fresh berries and a drizzle of honey.
* *Lunch*: beef and vegetable soup (carrots, potatoes, cauliflower).
* *Dinner*: baked salmon with rice and broccoli.
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| **Wednesday*** *Breakfast*: pancakes with maple syrup and a side of fresh fruit.
* *Lunch*: potato pancakes with sour cream and a salad of fresh vegetables.
* *Dinner*: grilled pork skewers with roasted potatoes and cabbage salad.
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| **Thursday*** *Breakfast*: yogurt with granola and banana slices.
* *Lunch*: chicken noodle soup with a side of wholegrain bread.
* *Dinner*: pan-fried fish fillets with potato wedges and green salad.
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| **Friday*** *Breakfast*: cheese and ham omelet with toast and orange juice.
* *Lunch*: beef stew with carrots and potatoes.
* *Dinner*: avocado, ham, and cheese toasties with a side of mixed salad.
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| **Saturday*** *Breakfast*: french toast with strawberries and a light dusting of powdered sugar.
* *Lunch*: roasted chicken with oven-baked potatoes and green beans.
* *Dinner*: crepes (filled with meat or jam) and a side of fresh veggies.
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| **Sunday*** *Breakfast*: smoothie bowl with yogurt, granola, and mixed berries.
* *Lunch*: fish soup (with fish, potatoes, carrots, and dill).
* *Dinner*: homemade beef burgers with mashed potatoes and carrot salad.
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| **Snack and dessert ideas*** Fresh fruit (apples, bananas, grapes).
* Homemade muffins or banana bread.
* Greek yogurt with honey.
* Apple pie or chocolate cupcakes for a weekend treat.
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|  | **Total cost**Around €130–150 for the week, depending on specific choices |

**Steps:**

1. **Evaluate essential items**: Identify the must-have items that are crucial for your meal plan. Or maybe think about changes in the menu.
2. **Consider substitutions**: For any items with higher prices, think about possible cheaper alternatives that can serve the same purpose.
3. **Check unit prices**: Compare prices by weight or volume.
4. **Adjust quantity**: If some items are too expensive but necessary, reduce the quantity to fit your budget without sacrificing too much.
5. **Recalculate**: After making your adjustments, recalculate the total cost to ensure it’s within 100 Eur.

***This practical problem requires logical thinking to balance budget constraints with food necessities, helping you make efficient, rational decisions while shopping.***