## **Discover Your Current Spending**

- 1. Save all your food receipts for a week, fortnight, or month.
- 2. Take each receipt and cross out any non-food items.
- 3. Write each food item with its price on the appropriate list below. Any items that don't seem to "fit" should be put into the Spend & Eat Least column.
- 4. Add up the total for each column, then add these totals to work out your overall food spending.
- 5. Optional: Work out the percentage spent per category.

Spend & Eat Most	Spend & Eat Moderately	Spend & Eat Least
Total	Total —	Total —

Overall Total Spent = \$ \_\_\_\_\_ per week / fortnight / month

**Optional:** % Spent Per Category:

Category Total
Overall Total

x 100 = % spent per category