

MY GROCERY BUDGET CALCULATOR

Build a realistic grocery budget from your own household spending.

A good grocery budget is not a magic number.

Use this worksheet to find your current baseline, decide what belongs in your grocery budget, and convert your monthly target into a weekly amount that works across all 52 weeks of the year.

1 HOUSEHOLD SNAPSHOT

Adults in household: _____

Children/teens: _____

Special dietary needs: _____

Province/territory: _____

2 FIND YOUR CURRENT MONTHLY BASELINE

Use your last 2-3 months of receipts or bank/credit-card statements.

MONTH	GROCERIES	NON-FOOD	TAKEOUT / DINING
Month 1	\$ _____	\$ _____	\$ _____
Month 2	\$ _____	\$ _____	\$ _____
Month 3	\$ _____	\$ _____	\$ _____

Average monthly grocery spending: _____ \$

Formula: add the grocery totals you tracked and divide by the number of months.

Tip: Keep cleaners, toiletries, pet supplies and restaurant meals separate if you want a true food budget.

3 SET YOUR MONTHLY GROCERY TARGET

Current monthly grocery average \$ _____

Planned reduction or increase + / - \$ _____

Stock-up / price-change cushion + \$ _____

MY MONTHLY GROCERY BUDGET \$ _____

4 CONVERT MONTHLY TO WEEKLY

Monthly target \$ _____ x 12 = annual target \$ _____

Annual target \$ _____ / 52 = weekly target \$ _____

Using 52 weeks prevents a five-week grocery month from surprising your budget.

GROCERY BUDGET CHECK-IN

Track what happened. Adjust the budget - do not judge yourself.

THIS MONTH'S TARGETS

Month: _____

Monthly grocery budget: _____

Weekly grocery target: _____

WEEKLY SPENDING TRACKER

WEEK	TARGET	SPENT	+ / -	NOTES / STOCK-UP
Week 1	\$	\$	\$	
Week 2	\$	\$	\$	
Week 3	\$	\$	\$	
Week 4	\$	\$	\$	
Week 5	\$	\$	\$	

MONTH-END REVIEW

Total grocery spending this month \$ _____

Amount over / under target \$ _____

Estimated food wasted \$ _____

What pushed spending up or down?

What will I change next month?

REMEMBER: Your grocery budget is a working plan. Adjust it when prices, needs or circumstances change.