



Our Right to Food

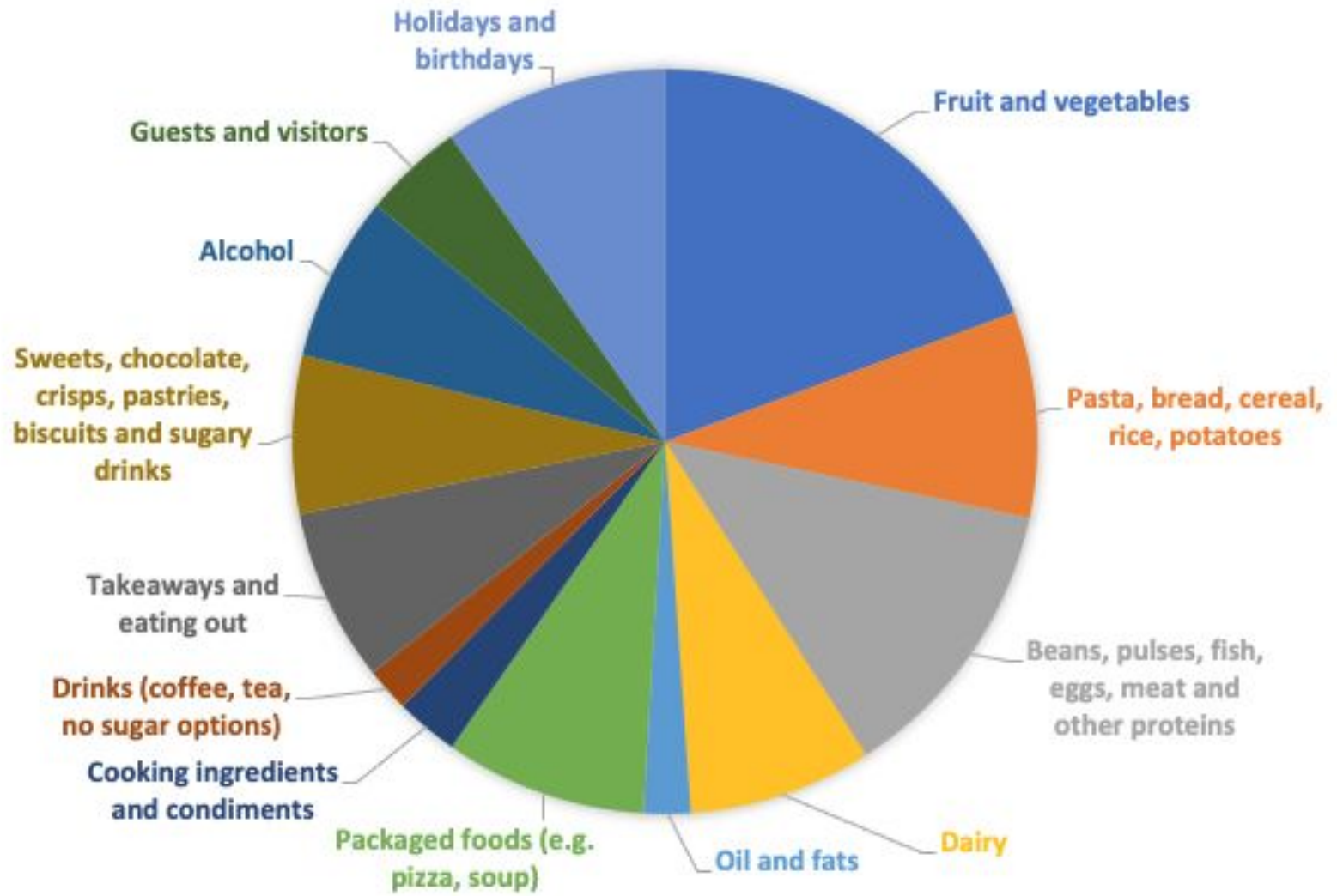
MacDougall Family



Cost of Dignity and Choice

Breakout Room

- Review the weekly costs and categories
 - Discuss additional costs to consider
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MacDougalls weekly food and drink costs: £90.44

Fruit and vegetables	£17.52	Dairy	£7.20
Pasta, bread, cereal, rice, potatoes	£8.07	Beans, pulses, fish, eggs, meat and other proteins	£11.42
Packaged foods (e.g. pizza, soup)	£7.94	Oil and fats	£1.83
Cooking ingredients and condiments	£2.48	Drinks (coffee, tea, no sugar options)	£1.73
Takeaways and eating out	£6.81	School lunches	£0
Sweets, chocolate, crisps, pastries, biscuits and sugary drinks	£6.19	Alcohol	£6.50
Guests and visitors	£3.94	Holidays and birthdays	£8.80