

Survival

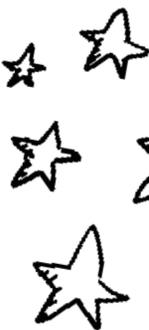
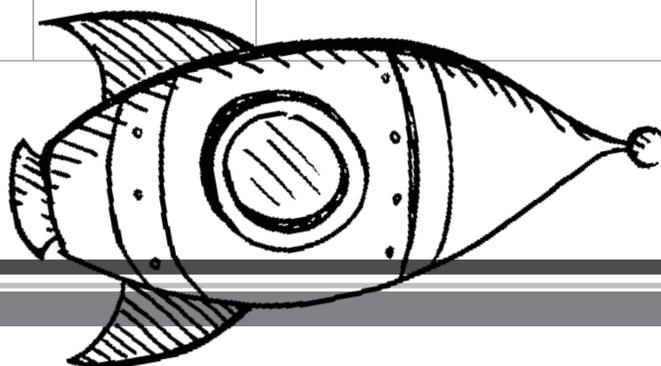
Situation #1

You are members of a lunar exploration crew scheduled to rendezvous with a space station orbiting the moon. Due to mechanical difficulties, your ship is forced to land on the surface 320 kilometres off course. During the landing, one of your ship's engines is damaged, and your ship is now too heavy to fly.

Your Task

Your group has to leave behind some supplies in order to lift off and reach the space station. Listed here are 15 items left that were not damaged after crashing. Your task as a group is to determine whether each item is a need or want in order for you to complete the trip, and explain why. Make sure that someone from your group records your answers, and select a couple of people to report back to the class.

Items	Need or want	What makes this a need or a want?
First-aid kit		
Flares		
Flashlight		
Freeze dried food		
Heater		
Map of the moon		
Milk		
Oxygen tank		
Parachute		
Radio receiver		
Rocket fuel		
Space exploration suits		
Tablet computer		
Rope		
Water		



Survival

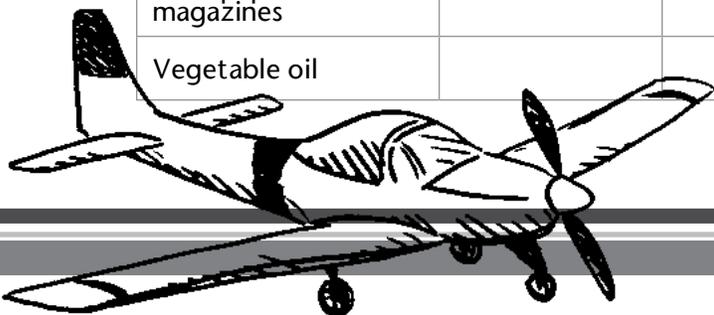
Situation #2

You and your companions have just survived the crash of a small plane. It is mid-January and you are in Northern Canada. The nearest town is 35 kilometres away, and all you can see is snow and icy rivers lining the countryside. The daily temperature is 0°C and drops below freezing at night. You are dressed in city clothes appropriate for a business meeting.

Your Task

Your group has to salvage what you can in order to survive the trip to the nearby town. Listed are 15 items left that were not damaged during the crash. Your task as a group is to determine whether each item is a want or a need as you make your way to town, and explain why. Make sure that someone from your group records your answers, and select a couple of individuals to report back to the class.

Items	Need or want	What makes this a need or a want?
Air map		
Ball of steel wool		
Batteries		
Compass		
Can opener		
Elastic bands		
Empty water bottles		
Extra shirts (one per person)		
Family-sized chocolate bars (one per person)		
Hatchet		
Lighter		
Inflatable raft		
Medium-sized tarp		
Newspapers and magazines		
Vegetable oil		



Survival

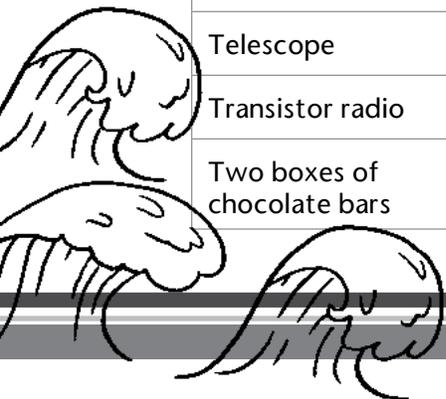
Situation #3

Your private yacht sunk after an unfortunate mechanical fire below deck, and you are now adrift somewhere in the South Pacific, approximately 200 kilometres away from the nearest shore. Your group managed to grab some supplies before jumping into a large rubber life raft, but the raft has a small hole at the bottom that is slowly letting in water.

Your Task

Your group must figure out which supplies to keep and which supplies to throw overboard to avoid sinking while you paddle to shore. Listed are the 15 items that you brought from the yacht. Your task as a group is to determine whether each item is a need or want in order for you to survive, and explain why. Make sure that someone from your group records your answers, and select a couple of individuals to report back to the class.

Items	Need or want	What makes this a need or a want?
Air horn		
Fishing kit		
Fresh water bottles (one per person)		
GPS device		
Inflatable seat cushion		
Magazines		
Mosquito netting		
Map of the Pacific Ocean		
Nylon rope		
One case of army rations		
Plastic wrap		
Shark repellent		
Telescope		
Transistor radio		
Two boxes of chocolate bars		



Survival

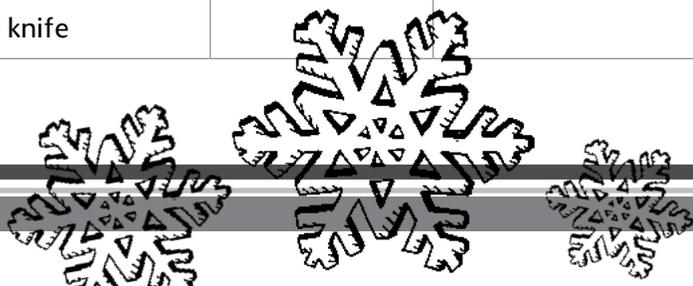
Situation #4

Your geological team has been assigned to drill ice cores 40 kilometers from your arctic base camp. While you're drilling, a sudden snowstorm strikes and severs your communication with base camp, leaving you stranded with only the few supplies that you had packed for the day. Storms in this region can last for days, and you're not sure how long it will be before rescue arrives.

Your Task

Your group has decided to seek out shelter in a nearby cave, and must determine which supplies to take with you while you seek shelter from the storm. Listed are the 15 items that you have to choose from. Your task as a group is to determine whether each item is a need or want in order for you to survive, and explain why. Make sure that someone from your group records your answers, and select a couple of individuals to report back to the class.

Items	Need or want	What makes this a need or a want?
Blanket		
Blow torch		
Camera		
Camping pots and pans		
Camping stove		
Canned beans		
Extra socks		
Flashlight		
Insulated beverage container		
Matches		
Snowshoes		
Sleeping bags		
Shovel		
Tablet computer		
Utility knife		



Survival

Situation #5

It is 10 a.m. on a hot August day and your dune buggy has broken down in the middle of the Chihuahuan Desert. You're in a radio dead zone, unable to call for help, and the nearest town is 70 kilometres away. The desert is flat and barren, and the weather is forecasted to reach 43°C.

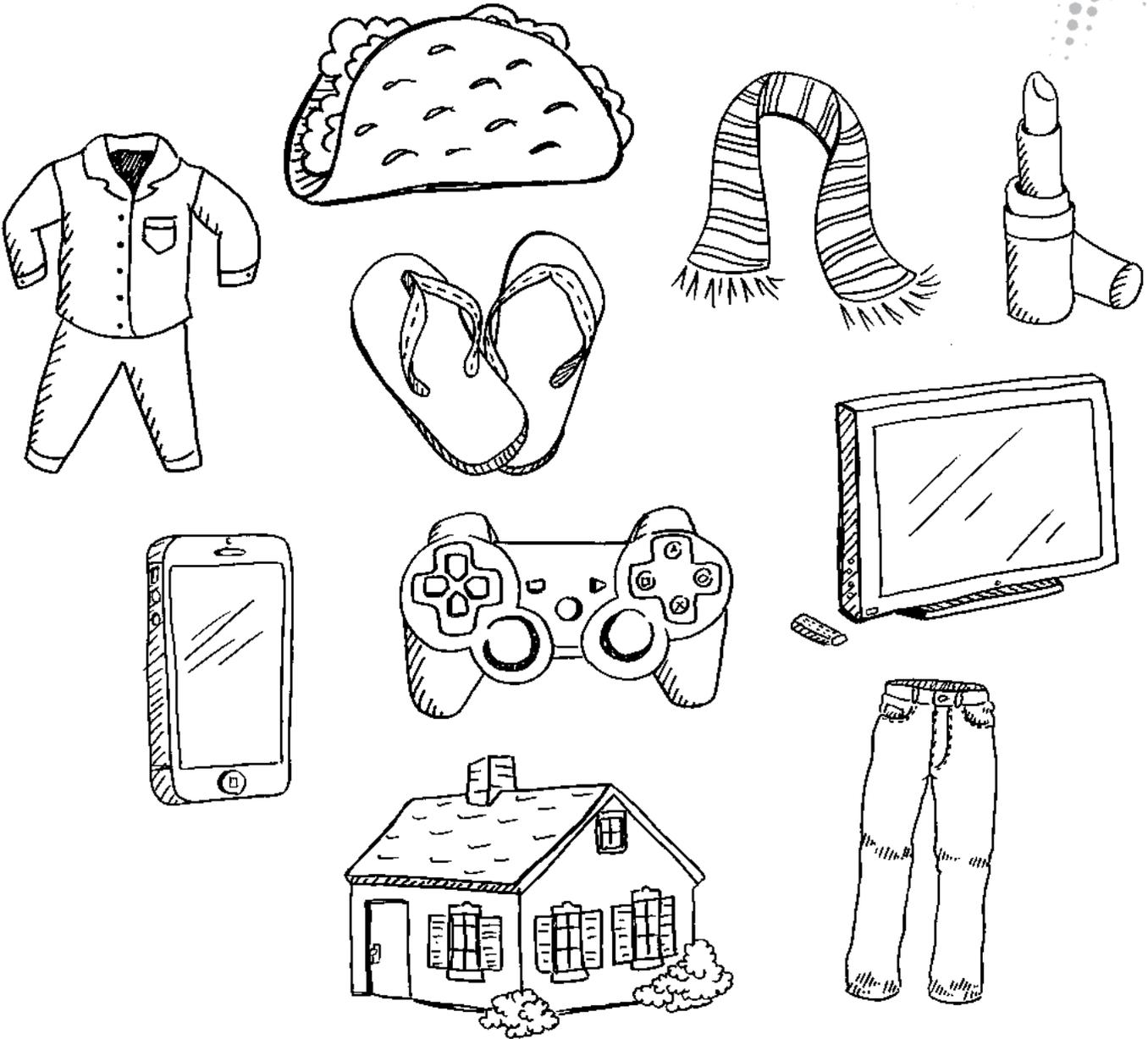
Your Task

Your group has to figure out what you can carry with you on the hike to the nearby town. Listed are 15 items stored in the dune buggy. Your task as a group is to determine whether each item is a want or a need as you make your way to town, and explain why. Make sure that someone from your group records your answers, and select a couple of individuals to report back to the class.

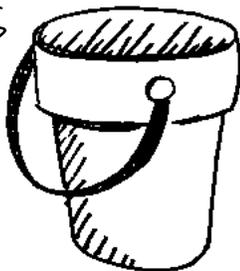
Items	Need or want	What makes this a need or a want?
Guide to desert animals		
Air horn		
Compass		
Engine oil		
First-aid kit		
GPS device		
Granola bars		
Map of the desert		
Matches		
Parachute		
Pocket knife		
Rain poncho		
Salt		
Sunglasses (one pair per person)		
Water bottles		

Needs or Wants

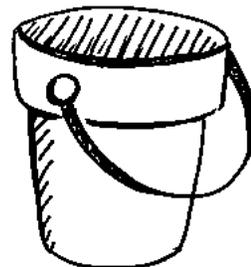
Draw a line from the item to the correct bucket that the item belongs in.



Needs



Wants



Best Buy, Worst Buy

In each bubble, write a description of the best and worst purchase that you've made. What made your best buy so great? Why do you feel your worst buy was not such a good purchase?

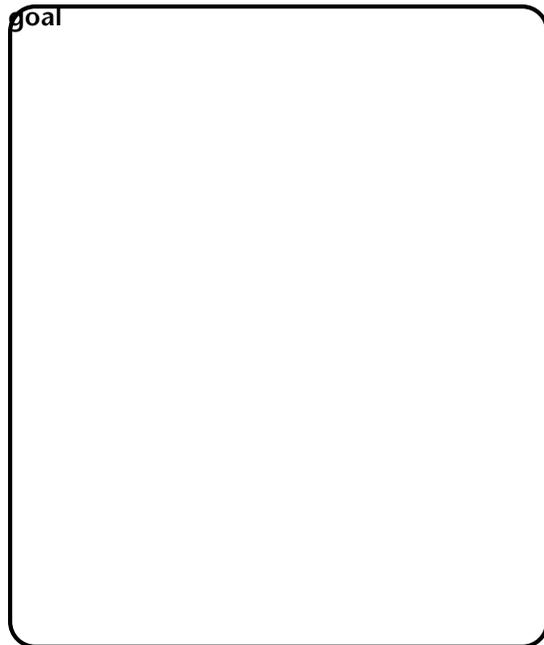


Did you learn any smart shopping tips from making these "need" or "want" purchases? What were they?

The Goal:

Draw, describe or paste a picture of your

goal



Price: _____

Taxes: _____

Total: _____

The savings plan:

Where will you get the money from?

How much money will you put away?

How often?

Where are you going to keep the money? A savings account?

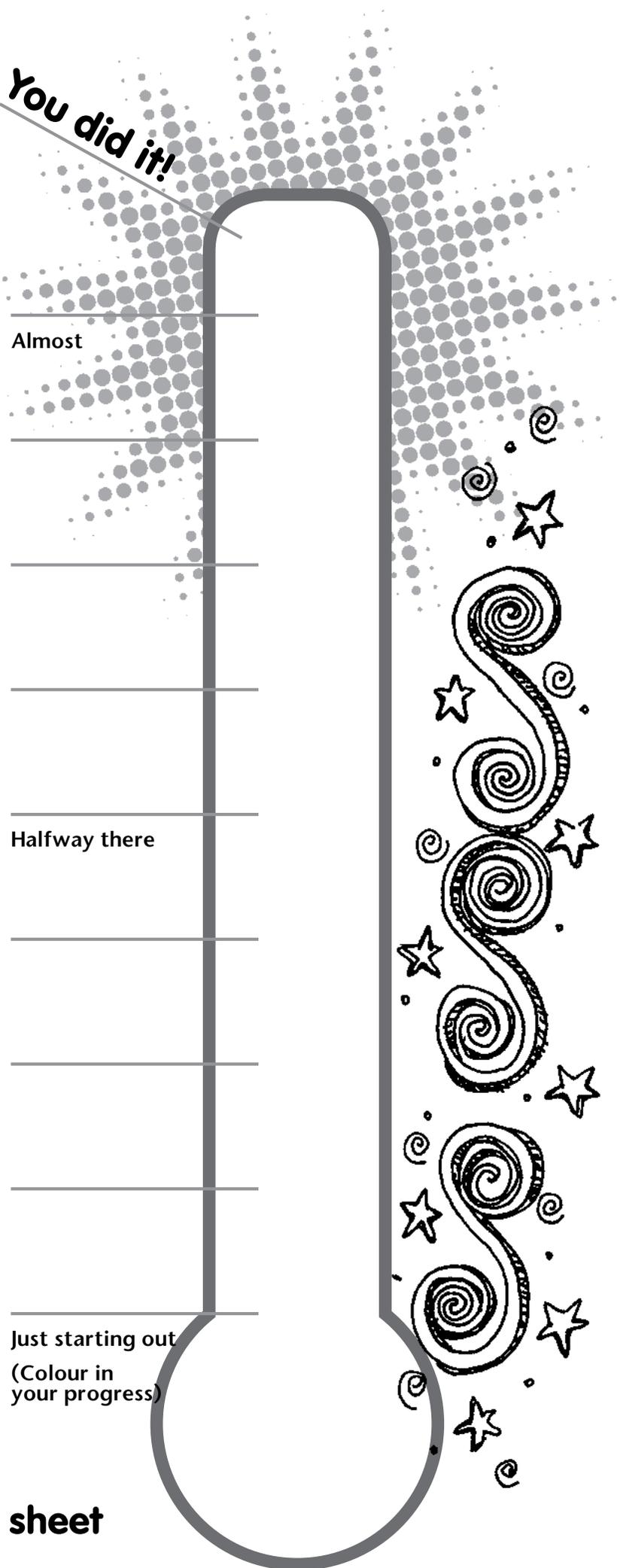
What date should you reach your goal?

You did it!

Almost

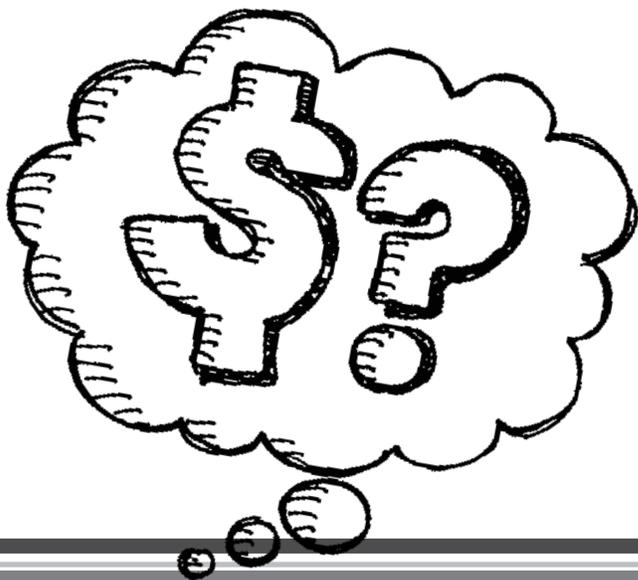
Halfway there

Just starting out
(Colour in
your progress)



What should I invest in?

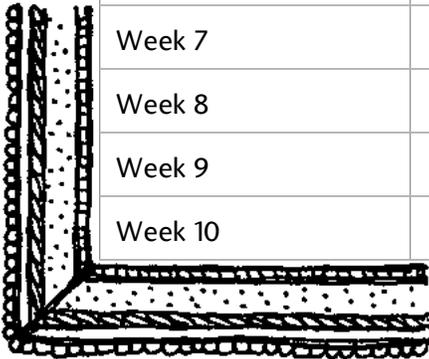
Grandma and grandpa have decided that they would like to open a Registered Education Savings Plan (RESP) for you. They are unsure what types of investments they should invest the funds in. They give you a gift of \$1000 to open the RESP, and ask that you do the research into what would be the best investment: stocks, bonds, GICs or mutual funds.



Magic of Compound Interest

After four weeks, you saw something at the mall that you wanted to buy. It costs \$7, and you have enough to pay for it after saving your money. How would spending that money affect your earnings over the remaining six weeks? How much less would you have after 10 weeks compared to the amount you would have if you chose not to buy the item?

	Saved	Matched	Total
Week 1		\$1	\$1
Week 2	\$1 +	\$1 =	\$2
Week 3	\$2	\$2	\$4
Week 4	\$4	\$4	\$8
You use \$7 of your \$8 saved by week 4 to buy something at the mall, leaving you with \$1 in savings.			
Week 5	\$1	\$1	\$2
Week 6	\$2	\$2	\$4
Week 7	\$4	\$4	\$8
Week 8			
Week 9			
Week 10			



100 + 1 Ways to Make Money

What could give you more independence than starting your own business? What does it take to sell a good product or service? Think about what kind of business you might like to run, and consider the following examples to help you get started.

Skills, Hobbies or Activities	Earning Money Now	Career Opportunity in the Future
Chores and odd jobs		
Yard maintenance	Mow lawns and weed gardens	Landscape architect
Clean freak	Clean pet cages/yard	Humane society staff
Horseback riding	Muck the stalls and feed the animals	Jockey
Use your skills		
Drawing and illustration	Design a newsletter for community club	Graphic designer
Speaking another language	Tutor students	Government translator
Organizing people and events	Organize a yard sale	Event planner/project manager



At the Supermarket

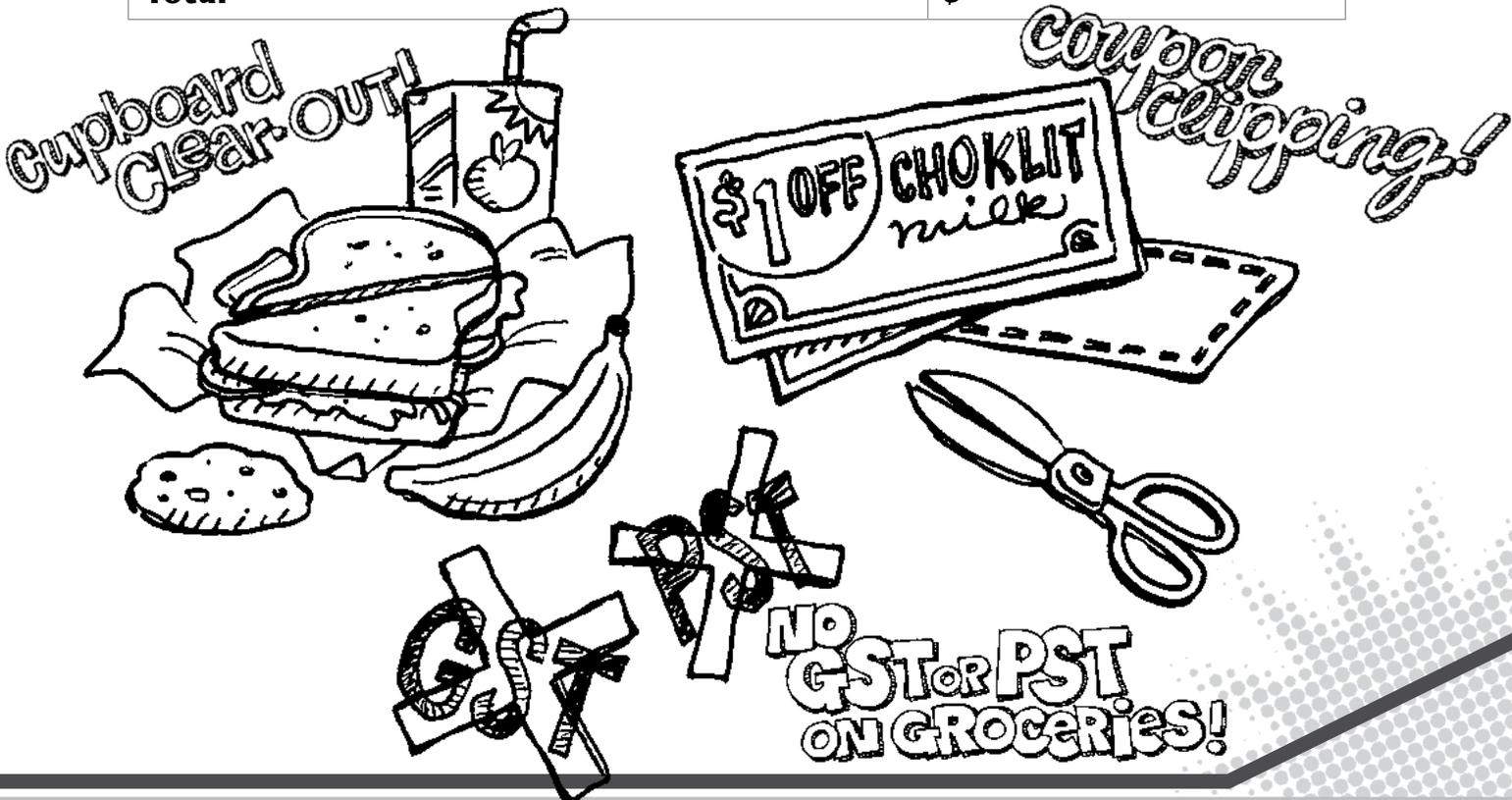
Lunch in a \$5 Cash Crunch

You've got \$5 and you are hungry. You have got to make that \$5 count! Brainstorm ideas on how to make or buy a lunch for \$5, and fill out the chart below. Will you bring it from home? Will you buy it? What will the lunch include? You should think about all of these things before making any purchases. Remember, even lunches brought from home have a cost.

Make sure your lunch is nutritious, and make it fun and creative! You may want to have a themed lunch or call it something memorable. Then you can share the idea with others.

My \$5 Lunch (Name and describe your lunch, and make it sound good!)

Item	Price
	\$
	\$
	\$
	\$
Total	\$

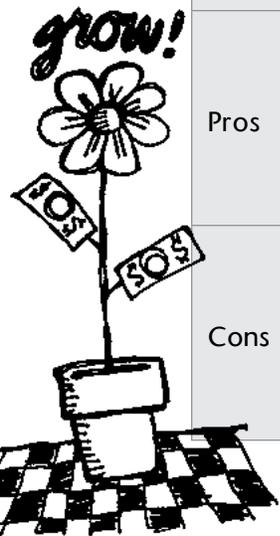


Held Accountable

Part 1

Accounts, interest rates, credit cards, cheques... it all sounds so confusing! Fill in the chart specific to your group to sort it all out! Fill in the blanks during the other groups' presentations!

	Savings Account	Chequing Account	Credit Card
How it Works			
Features Included		<i>*Explain how to use a cheque</i>	
Monthly Cost			<i>*Explain minimum payment</i>
Interest Rate Earned/ Owed			
Pros			
Cons			



Held Accountable

Part 2

Now that you understand the different types of accounts, let's put your knowledge to the test!

Figure out the most appropriate account to use for each of the transactions. Then, assign the transaction to a specific account and calculate the balance. Remember that some transactions will require you to balance TWO accounts!

Transactions:

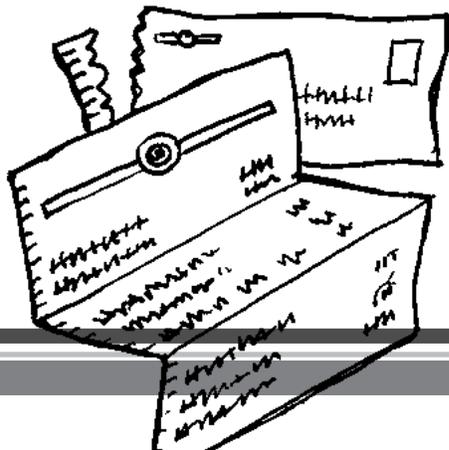
1. Bought lunch at school for a cost of \$5.
2. Bought a birthday gift for a friend off the internet for \$20.
3. Went to see a movie and purchased a ticket, which cost \$10.
4. Bought a \$100 Canada Savings Bond.
5. Took all of your piggybank change (\$30) to the bank.
6. Bought cookies from a friend's bake sale and spent \$5.
7. Bought a movie prop from an online auction for \$30.
8. Went bowling with some friends and played two games for a combined cost of \$10.
9. Received \$20 in birthday money and put it into your savings account.



Chequing Account

Item Description	Debit	Credit	Balance
Babysitting income	-	\$50	\$50
Lunch at school	\$5	-	\$45

Statement balance at the end of the month: _____



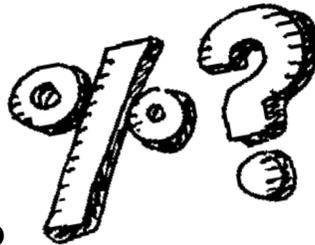
**Review
YOUR
statement.**

Held Accountable

Savings Account

Item Description	Debit	Credit	Balance
Birthday money	-	\$100	\$100

Statement balance at the end of the month: _____



Credit Card - Limit: \$200

Item Description	Debit	Credit	Balance

Statement balance at the end of the month: _____

Shop Smart

Part 1 (At School): Clothing Wish List

Clothes can be very costly. Start to explore clothing costs by filling out the table below. In the first column, make a list of what you believe to be a realistic amount of clothes that you would like for this school year or for a warm winter vacation. In the second column, research the approximate cost of this clothing.

Part 2 (At Home): Taking Inventory at Home

What's in your closet? Your drawers? What about the laundry basket? Take inventory of the clothes that you already have at home (use the chart on next page). Note whether or not you wear each piece of clothing and whether or not you would be willing to trade the item.

Part 3 (At School): Clothing Budget

Now it's time to revisit your Clothing Wish List and compare the new information to your Clothing Inventory Chart. Are there items that may be removed from the wish list? Are there any duplicates in the lists?



Part 1: Clothes Wanted	Approximate Cost at a Store
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
Total	\$

Part 1: Clothes Wanted	Approximate Cost at a Store
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
Total	\$

After discussing ideas on saving money with the class, record some of your favourites:

How much is a meal?

Create an affordable menu!

Using real-life menus, come up with two meal combinations that cost less than \$15 and one that costs less than \$10, including taxes and tip! Using this information, create your own menu (citing the exact costs and the restaurant itself). Record your menu ideas below, then create a real menu with arts and crafts supplies. Be creative!

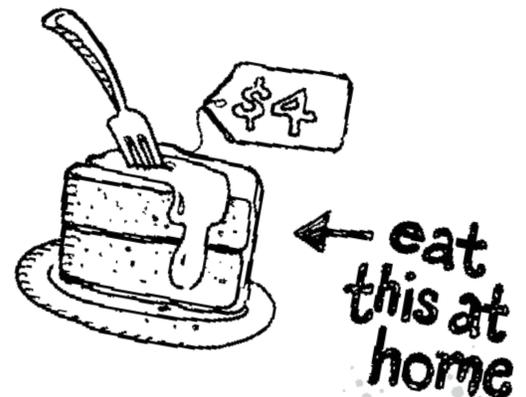
Under \$15



Under \$15



Under \$10



Restaurant Saving Ideas: _____

SANDWICHES

Clubhouse	7.49
Toasted Bacon & Tomato	5.75
Toasted Ham & Tomato	5.49
Toasted Salami & Tomato	5.49
Toasted Denver	6.75
Grilled Cheese	5.25
Bacon & Egg	6.75
Grilled Cheese & Bacon	6.75
Gyros on a Pita	7.49
Chicken Souvlaki on a Pita	7.49

SALADS

Chef Salad	9.50 / 7.50
Greek Salad	9.50 / 7.50
Tossed Salad	7.50 / 5.50
Caesar Salad	9.50 / 7.50

* with Chicken add 2.50

BEVERAGES & DESSERTS

Canned Drinks	1.50
Bottled Drinks	2.00
Milkshakes	3.75
Chocolate Sundae	1.99
Coffee/Tea	1.50



DAILY SPECIALS

<u>MONDAY</u>	
Club House Platter or Gyros Platter	11.50
<u>TUESDAY</u>	
Combo Sub & Canned Drink	8.00
<u>WEDNESDAY</u>	
Fat Boy & Greek Salad	10.50

THURSDAY

Chicken Burger & Fries	9.50
Chicken Souvlaki Platter	11.50

FRIDAY

Fish & Chips	11.75
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SATURDAY

Bacon Burger & Fries	9.50
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SUNDAY

Cheese Dog & Fries	8.75
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* Prices Subject to Change Without Notice

GEORGE'S



BURGERS & SUBS

Restaurant &

Fully Licensed Lounge
"MILE HIGH CLUB"

2255 Ness Ave.
Winnipeg, MB
Phone 897-2095
Fax 888-6221

TAKEOUT



Hours
Monday - Thursday 9:00 am - 8:00 pm
Friday 9:00 am - 9:00 pm
Saturday 9:00 am - 8:00 pm
Sunday 11:00 am - 8:00 pm



BREAKFAST

Served between 9:00 am - 11:00 am
Includes coffee, toast, hash browns or french fries

- Bacon & Eggs 7.75
- Ham & Eggs 7.75
- Sausage & Eggs 7.75
- Salami & Eggs 7.75
- Denver Omelette 8.25
- Cheese Omelette 8.25
- Greek Omelette 8.25
- Toast 1.99

SUBS

Includes cheese, lettuce, tomatoes & onions

- Sub Special 9.25
- Combination Sub 7.99
- Salami Sub 7.99
- Ham Sub 7.99
- Turkey Sub 8.75
- Cheese Sub 6.50
- Roast Beef Sub 8.49
- Pizza Sub 7.99
- Bacon Sub 7.99
- Club Sub 9.49



HOMEMADE BURGERS

- Triple Fat Boy 8.49
- Double Fat Boy 7.49
- Fat Boy 5.99
- Double Bacon Burger 8.49
- Bacon Burger 6.99
- Double Cheese Burger 7.25
- Cheese Burger 5.75
- Double Hamburger 7.00

- Hamburger 5.49
- Chili Burger 8.00
- Chicken Burger 7.25
- Fish Burger 6.75
- Double Cheese Dog 7.75
- Cheese Dog 6.25
- Double Hot Dog 7.25
- Hot Dog 5.75



DINNERS

Includes fries & salad

- Hot Roast Beef Platter 12.99
- George's Platter (Fat Boy) 12.99
- Chicken Souvlaki Platter 12.99
- Gyros Platter 12.99
- Hamburger Steak Platter 12.99
- Hot Turkey Platter 12.99
- Fish & Chips 13.99
- Chicken Finger Platter 12.99
- Club House Platter 12.99

SIDE ORDERS



- French Fries 3.00/4.00/6.00
- 1/2 order of Fries 2.00
- Fries & Gravy 4.75
- 1/2 order of Fries & Gravy 3.75
- Fries & Chili 5.50
- 1/2 order of Fries & Chili 4.25
- Onion Rings 5.50
- Poutine 6.00
- 1/2 order of Poutine 4.50
- Greek Special 6.50
- 1/2 order of Greek Special 4.50
- Gravy 1.75
- Chili 2.25
- 1 Piece of Chicken 3.50
- 1 Piece of Fish 3.50
- Chicken Fingers (1) 2.50
- Pita Bread 1.99
- Dipping Sauce 1.00

Grab YOUR BUNS

- Traditional
- Multi-grain
- Nude (Lettuce Wrap)



*NUBURGER beef patties are all natural, never frozen, and made with

blueberry
YUM YUM
♥ 8.7

blueberry bbq sauce, goat's cheese, balsamic onions, lettuce, tomato, & lowfat herb mayo

skinny BOY
♥ 8.7

skinny boy chili, dill pickles, red onions, lettuce, tomato, mustard, & lowfat mayo

THE
Donald
11.55

black currant shiraz reduction, omega-3 egg, sautéed mushrooms, balsamic onions, bothwell cheddar, lettuce, tomato, & truffle aioli

100% lean Manitoba beef.

\$1.00 off ANY SIDE W/ BURGER

BEEF

delicious n' tasty cheddar ♥ 7.7
bothwell cheddar, lettuce, tomato, & lowfat herb mayo

DELICIOUS MOST TASTIOUS

bacon cheddar 9.45
double-smoked free-range *nitrate-free* candied BACON!, bothwell cheddar, lettuce, tomato, & lowfat herb mayo

MONSTER MASH
↓ 10.7

DMT bacon cheddar + hot damn mushrooms, & lowfat chipotle

LE BURGER WEEK WINNERS 2013 & 2014 RESPECTIVELY

Shang-AWESOME
♥👍👎 9.95

inhouse asian slaw, goat's cheese, hot damn mushrooms, & lowfat sweet chili mayo

SUMMER BREEZE
👍 9.7

homemade pineapple & avocado salsa, boursin cheese, alfalfa sprouts, lettuce, tomato, & ultimate pesto aioli

misohappi ♥👍👎 8.45

ginger soy glaze, avocado, miso corny relish, lettuce, & lowfat wasabi mayo

drunken **AUSSIE** 10.7

golden pineapple, **double-smoked** free-range *nitrate-free* candied BACON!, omega-3 egg (sunny side up), bothwell cheddar, beets, lettuce, & lowfat herb mayo

BLUE & Gold ♥👍👎 7.95

blue cheese, fancy tomato, balsamic onion, lettuce, & lowfat chipotle

OPAH! ♥👍 7.95

olive tapenade, creamy feta, cucumber, lettuce, tomato, & homemade tzatziki

SIDES

Toss these guys in sea salt or sweet curry salt:

(Start with...) edamommy 3.75

Freshly cut potato fries 3.50

Sweet, sweet, yam fries 4.75

Shareables 8

Potato fries. Yam fries. Two dips.
SOLD.

Salads

Garden of eden salad 4.5

Asian slaw w/ candied almonds 3

Hal Johnson & Joanne McCleod
8-grain energy salad 4.5

Mini caesar salad 4

ADD CHICKEN
to any salad for \$3.75



- Ultimate chili aioli
- Rosemary garlic aioli
- Chipotle aioli
- Sweet chipotle
- Truffle aioli (+50¢)
- Honey dill
- Sweet chili mayo
- Sweet n' Spicy chili mayo

CHICKEN

*NUBURGER chicken breasts are local, never frozen, and marinated

AFTERNOON *delight*

8.5
roasted red pepper, balsamic onions, lettuce, tomato, & pesto aioli
Fromage of choice: goat's cheese 1.75

SHANGHAI ↑

8.25
inhouse asian slaw & lowfat hot chili mayo

Too spicy? Get the

SHANGLOW ↓

TROPIC THUNDER

10.5
double-smoked free-range *nitrate-free* candied BACON!, bothwell cheddar, golden pineapple, lettuce, & lowfat chipotle

EL LUCHADOR

9.25

creamy feta, homemade corn salsa, avocado, cilantro, lettuce, tomato, & low-fat chipotle aioli

mango & *curry*

8.5
curry mangos, apple fennel slaw, lettuce, & lowfat sweet chili mayo
(burger offered seasonally)

average JOSEPH

9
sautéed mushrooms, bothwell cheddar, lettuce, tomato, & lowfat herb mayo

ANGRY Joe

9.10
hot damn mushrooms, bothwell cheddar, lettuce, tomato, lowfat herb mayo, & lowfat chipotle

in a herb brine before being grilled to perfection.

*NUBURGER veggie burgers are made with all natural ingredients.

VEGGIE

GREAT *Falafel*

7.5
premium chickpea patty, banana pepper salsa, cucumber, lettuce, tomato, & homemade tzatziki

Ask about our vegan option.

Bella

7.75
grilled portabella, blue cheese, fancy tomato, balsamic onion, lettuce, & lowfat herbed mayo

THE UNBURGER

7.75
premium chickpea patty, creamy feta, alfalfa sprouts, cucumber, tomato, sriracha sauce, & homemade tzatziki

BUILD ME UP

MAKE THE BURGER YOURS & ADD TO ANY BURGER

- Bothwell cheddar 1.50
- Blue cheese 1.50
- Boursin 1.50
- Goat's cheese 1.75
- Creamy feta 1.50
- Sauteed mushrooms 1.25
- Hot damn mushrooms 1.35
- Avocado 1.25
- Golden pineapple 1.30
- Roasted red pepper 1.50
- Banana pepper salsa 1.00
- Omega-3 egg 1.25
- Extra Patty (Arnold Size it) 2.75
- Extra Breast (Pamela Size it) 3.75
- Double-smoked free-range *nitrate-free* candied BACON! 1.75
- Skinny chili 2.25
- Avocado Pineapple Salsa 2.00

GO REALLY LOCAL: *Try it with bison for \$2.55*

YES! WE SERVE BEER!

decoding

- A (DAMN GOOD) HEALTHIER BURGER
- CHICKEN OR BEEF—IT GOES BOTH WAYS!
- A TEENY-TINY SPICY
- A LIL' MORE TINGLE
- SHE'S A SPICY MAMMA!
- NEW & WORTH TRYING

Bodegoes

NOODLES BY THE BOX

Our Noodles by the Box are crafted using homemade sauces, fresh cut vegetables all made to order and presented in our traditional take out noodle box packaging.

PEANUT CHICKEN \$8.95 • KUNG PAU BEEF \$9.45 • BBQ PORK \$8.95 • SHRIMP PAD THAI \$9.35
GARDEN CURRY \$8.45 • SPICED BEEF RED CURRY \$9.75 • COCONUT CHICKEN GREEN CURRY \$9.25 • PORK VINDALOO \$9.25
BUTTER CHICKEN \$8.45 • SHRIMP ALFREDO \$9.65

BODEGOES BURRITOS

All of our burritos are all made to order in a large 12 inch flour shells filled with seasoned lime rice, daily prepped salsa fresca, homemade sauces and an assortment of exotic spices to offer one the biggest and best tasting burritos in town.

BLACK BEAN AND STEAK \$9.95 • CHIVITO \$9.75 • CHICKEN ALFREDO \$9.25 • TOFU VEGAN \$7.95
PORK PIQUANTE \$9.65 • CHIPOTLE CHICKEN \$8.75

STUFFED PITAS

Our Stuffed Pita's are overflowing with homemade sauces and fresh cut vegetables that you can customize in house our select from the following:

CHICKEN \$8.75 • STEAK \$9.75 • HOUSE FALAFEL \$7.99 • BACON \$9.45
VEGGIE AND CHEESE \$6.99 • GYRO \$9.75 • VEGAN TOFU \$7.49

CHICKEN FINGERS AND FRIES

Our chicken fingers are selected using the finest chicken tenders and cooked in a premium non-trans fat oil with the choice of our Original Chicken Finger or our Local Seasoned Whole Grain Chicken Finger served with our house honey dill sauce.

3 PIECE CHICKEN FINGER AND FRY \$9.95 • 4 PIECE CHICKEN FINGER AND FRY \$10.95
5 PIECE CHICKEN FINGER AND FRY \$11.95

HAND DIPPED FISH AND CHIPS

Our fish is prepared using select cod and hand dipping them in Winnipeg premium Fort Garry Dark Beer Batter creating a thick coating before cooking them in our non trans fat oil and serving them with a full order of Bodegoes French Fries, a side of house tarter sauce, and a lemon wedge in our custom Bodegoes Cone Packaging.

1 PIECE FISH AND CHIPS \$8.45 • 2 PIECE FISH AND CHIPS \$10.95

FRENCH FRIES

ORIGINAL FRENCH FRIES \$3.99 • HOMEMADE GRAVY AND FRIES \$4.99

Crisp fries cooked in our premium non-trans fat oil since 2003.

CURRY FRIES \$6.99

Crisp french fries smothered in your choice of cheese and topped with our own homemade curry sauce.

CHEESY CHILI FRIES \$6.99

Our fries are smothered in cheese blend and topped with our own homemade chili loaded with ground beef, kidney beans, chocolate and array of fresh veggies and spices topped with a spicy chili pepper.

PRAIRIE POUTINE \$6.99

Our Made in Manitoba gravy is perfected using the finest local ingredients and partnering with our favourite local farmers and cheese manufactures to create what we believe is an exceptional Poutine that does our Quebec neighbours justice. We are pleased to use the following local products in our Poutine:

Manitoba Flour • Prairie Flour Mills • Manitoba Butter • Nortre Dame Creamery
Manitoba Cheese • Bothwell Cheese Curds

BIG BOWL SALADS

CAESAR SALAD \$5.99

Our Caesar Salad is filled fresh cut romaine and smothered in our House Caesar dressing loaded with parmesan cheese and garlic topped with seasoned croutons and a lemon wedge.

GREEK SALAD \$6.99

Fresh cut romaine topped with tomatoes, green peppers, red onions, black olives, sliced cucumbers and loaded with crumbled feta cheese drizzled with our house balsamic vinaigrette dressing and served with Fried Pita Bread.

ORIENTAL SALAD \$4.99

Shredded red and green cabbage topped with fried crunchy noodles, bean sprouts and peanuts, smothered in our house oriental dressing and topped with a lime

SOUTHWEST SALAD \$6.99

Fresh cut romaine topped with tomatoes, black beans, red onions and cheddar cheese, smothered in our House Chipotle Ranch dressing served with a dollop of sour cream, salsa fresca and homemadetortilla chips

SPINACH SALAD \$6.99

Fresh cut spinach topped with tomatoes, red onions, broccoli florets and crumbled feta cheese drizzled with our Strawberry Poppy Seed vinaigrette dressing served with Fried Pita Bread and a lemon wedge.

OPTIONS

Add Seasoned Chicken Breast to any of your salad selections \$1.99

SOUPS

SPICED THAI CURRY SOUP \$5.99

Gluten Free Vegan, Dairy Free, Soy Free

A Creamy Coconut broth is fused with tomatoes, rice and red onion and paired with a coupling of red and yellow curries to create a thick and spicy soup severed with fried pita chips.

MORROCAN 9 VEGTABLE SOUP \$5.99

Gluten Free Vegan, Dairy Free, Soy Free

A hearty, healthy soup loaded with red split lentils, chick peas, mushrooms, red onions, green peppers, red kidney beans, tomatoes, and fused with an array of middle eastern spices to create a fan favourite soup served year round.

CINCINATTI CHILI \$6.49

Gluten Free, Dairy Free, Soy Free

Our homemade chili is based on the traditional recipe made famous through the American Mid West and is loaded with ground beef, red kidney beans, chocolate and an array of fresh veggies and spices topped with a spicy chili pepper and dash of cheddar cheese

DRINKS & SNACKS

Bodegoes is proud to partner with the following local entrepreneurs in offering our drinks and snacks program.

On the Town

Newscast

Imagine you and your group members are going to be on the news. Fill in the chart below with two creative and inexpensive entertainment ideas. Then, sell your idea to the public (your classmates) in the form of an entertainment newscast.

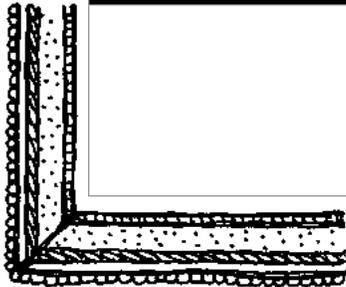
	Idea #1	Idea #2
Activity Name		
Activity Costs		
Transportation to/from Activity Costs		
Food Costs		
Other Costs		

Cheap Fun

Find a discounted activity within your community on your assigned day of the week.

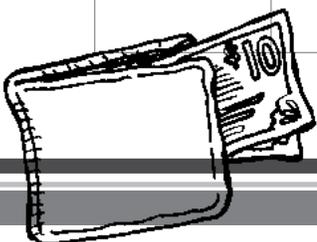
Your group's day of the week: _____

Cheap Activity For Our Day...



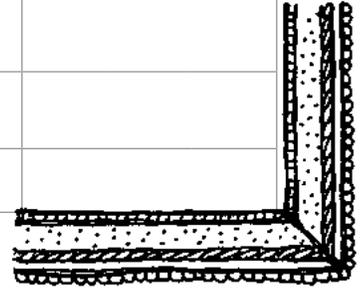
Cheap Fun for the Week (add your classmates' ideas below):

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Field Trip

	Zoo			Museum			Sports			Other		
Transportation	Car	Taxi	Bus	Car	Taxi	Bus	Car	Taxi	Bus	Car	Taxi	Bus
Admission												
Length of Outing (hours)												
Meal Required (cost)												
Total												



Cost of Car Ownership

Make and model of car: _____ Insurance: _____

Price of car: _____ Repairs (approximately): _____

Gas (cost per litre): _____

If your car had a gas tank that held 60 litres of fuel, how much would it cost to...

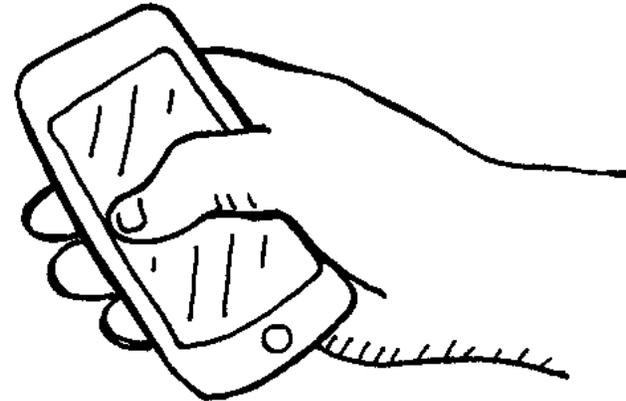
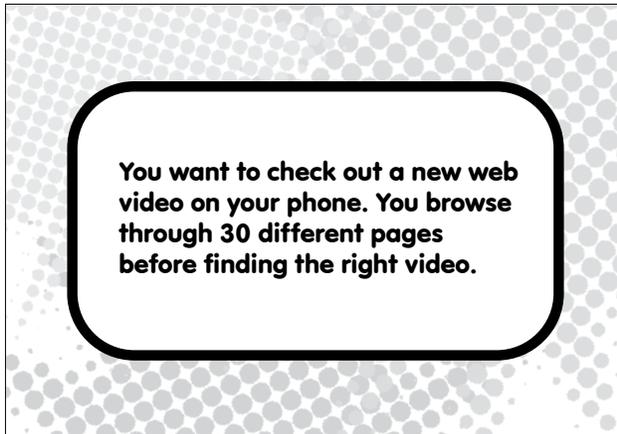
Fill each week? _____ Fill each month? _____ Fill each year? _____



Call Waiting Instructions

1. On one side of the *Plan Card*, there is a chart on which you will record all of your cellphone charges. Have this side of the chart facing your group.
2. Place the *Calling Cards* face down in the middle of the circle. The starting team may then draw a *Calling Card*. This team should then record the relevant information on their *Plan Card* in the chart provided.

Check out these examples.



Distance Assistance Plan \$30 per month

Includes

- 200 anytime/anywhere minutes in Canada
- No long distance charges for calls made within Canada or from Canada to the U.S.

Extra Charges

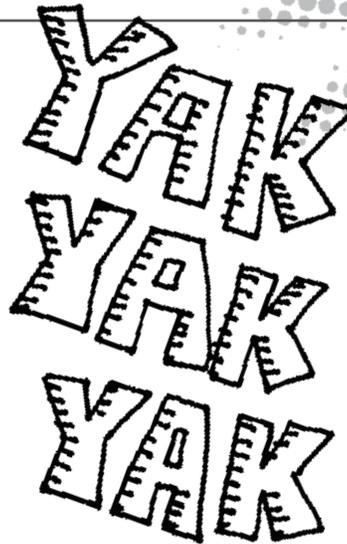
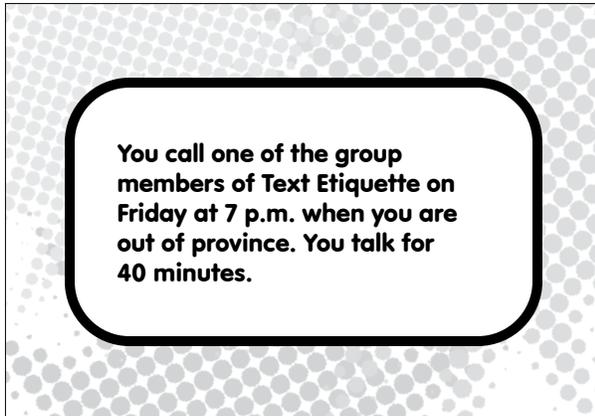
- Daytime minutes – \$0.50 per minute
- Long distance minutes – \$0.60 per minute
- Browsing – \$0.25 per page
- Downloads – \$1 per download
- Texting – \$0.20 per sent/received text

Minutes Left	Call	Text	Download	Browse	Description	Rate	Charge
200	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	surfing 30 web pages	.25	\$ 7.50
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$



Call Waiting Instructions

The Distance Assistance group pulls out this *Calling Card*:



 **day & night delight plan** \$30 per month

Includes

- 250 daytime local minutes
- Unlimited local evenings and weekends starting at 5 p.m.

Extra Charges

- Daytime minutes – \$0.50 per minute
- Long distance minutes – \$0.60 per minute
- Browsing – \$0.25 per page
- Downloads – \$1 per download
- Texting – \$0.20 per sent/received text

Minutes Left	Call	Text	Download	Browse	Description	Rate	Charge
250	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	long distance 40 min.	.60	\$ 24

The Day and Night Delight group pulls this *Calling Card*:

 **Text Etiquette Plan** \$30 per month

Includes

- 200 daytime local minutes
- Unlimited text messaging
- Unlimited local evenings and weekends starting at 8 p.m.

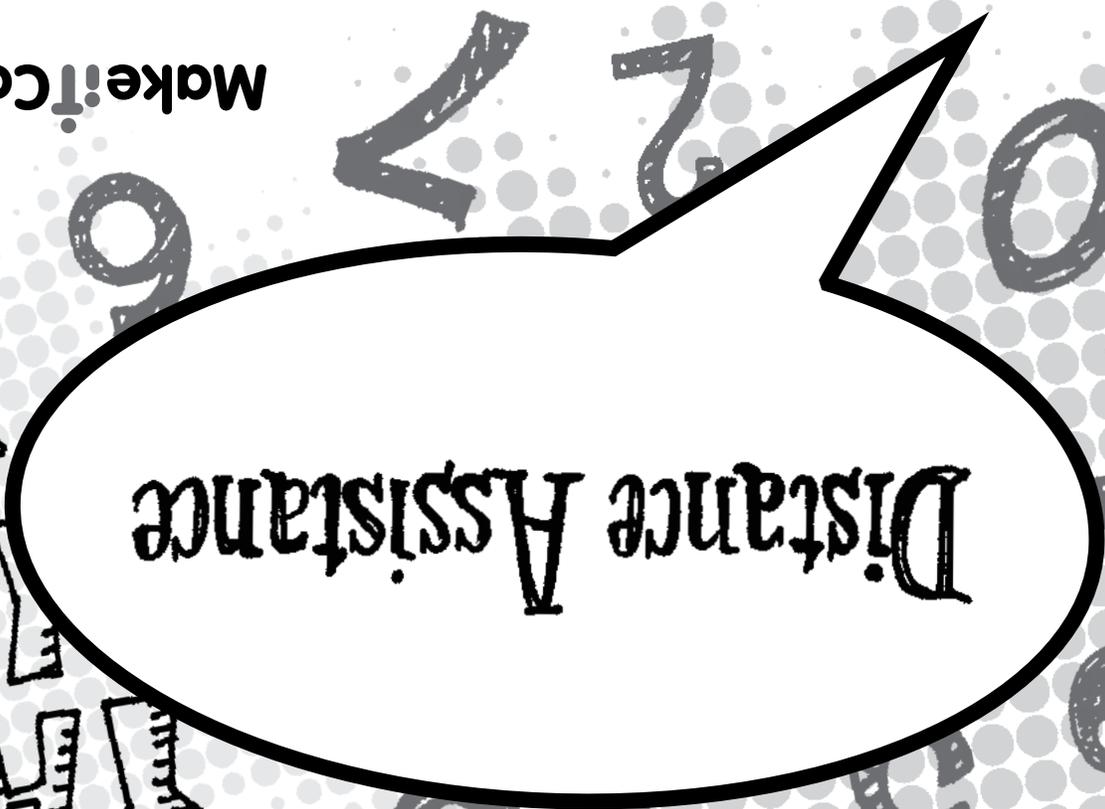
Extra Charges

- Daytime minutes – \$0.50 per minute
- Long distance minutes – \$0.60 per minute
- Browsing – \$0.25 per page
- Downloads – \$1 per download

Minutes Left	Call	Text	Download	Browse	Description	Rate	Charge
160	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	long distance 40 min.	.60	\$ 24

The Text Etiquette group will also need to track this call:

3. Continue by drawing cards and recording charges until the *Calling Cards* are finished or the allotted time for the activity is over.
4. Following the activity, each team must calculate all of the charges on their bill. The group with the lowest phone bill wins.



Distance Assistance Plan \$30 per month

Includes

- 200 anytime/anywhere minutes in Canada
- No long distance charges for calls made within Canada or from Canada to the U.S.

Extra Charges

- Daytime minutes – \$0.50 per minute
- Long distance minutes – \$0.60 per minute
- Browsing – \$0.25 per page
- Downloads – \$1 per download
- Texting – \$0.20 per sent/received text

Minutes Left	Call	Text	Download	Browse	Description	Rate	Charge
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
Plan Charge + Activation Charge							\$ 37.95
GST/PST							\$
TOTAL							\$

Text Etiquette



Text Etiquette Plan \$30 per month

Includes

- 200 daytime local minutes
- Unlimited text messaging
- Unlimited local evenings and weekends starting at 8 p.m.

Extra Charges

- Daytime minutes – \$0.50 per minute
- Long distance minutes – \$0.60 per minute
- Browsing – \$0.25 per page
- Downloads – \$1 per download

Minutes Left	Call	Text	Download	Browse	Description	Rate	Charge
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
Plan Charge + Activation Charge							\$ 37.95
GST/PST							\$
TOTAL							\$

day & night delight plan



day & night delight plan \$30 per month

Includes

- 250 daytime local minutes
- Unlimited local evenings and weekends starting at 5 p.m.

Extra Charges

- Daytime minutes – \$0.50 per minute
- Long distance minutes – \$0.60 per minute
- Browsing – \$0.25 per page
- Downloads – \$1 per download
- Texting – \$0.20 per sent/received text

Minutes Left	Call	Text	Download	Browse	Description	Rate	Charge
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
Plan Charge + Activation Charge							\$ 37.95
GST/PST							\$
TOTAL							\$

Prepaid

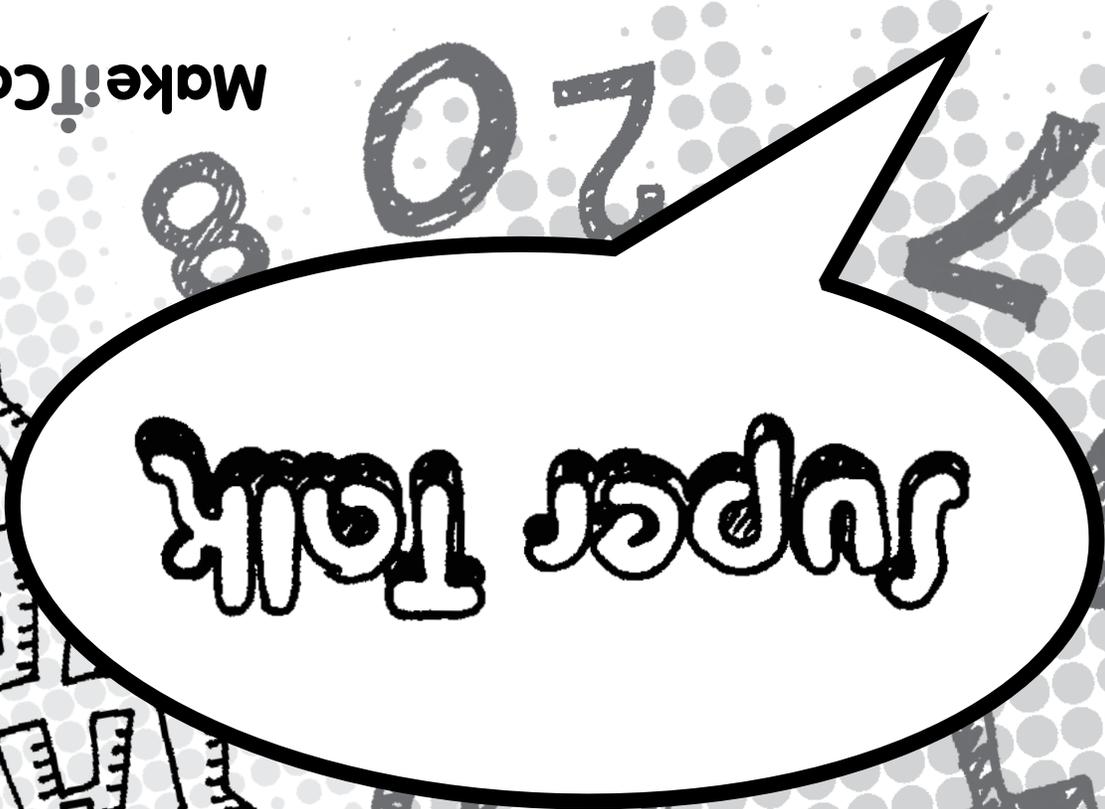


Prepaid Plan

Charges

- Daytime minutes – \$0.50 per minute
- Long distance minutes – \$0.60 per minute
- Browsing – \$0.25 per page
- Downloads – \$1 per download
- Texting – \$0.20 per sent/received text

Minutes Left	Call	Text	Download	Browse	Description	Rate	Charge
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
Activation Charge							\$ 7.95
GST/PST							\$
TOTAL							\$



Super Talk Plan

\$30 per month

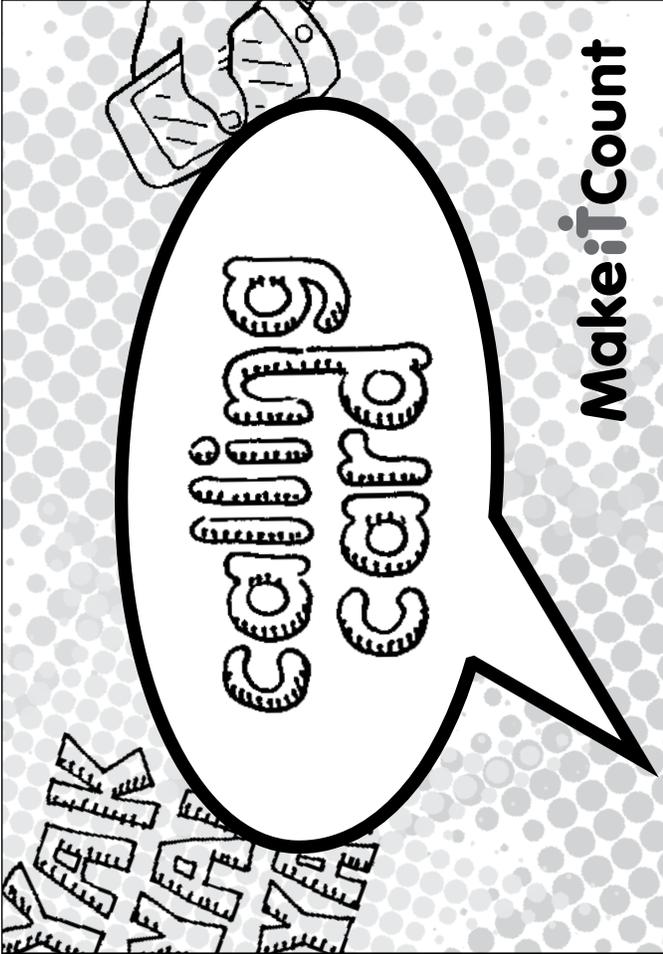
Includes

- 200 daytime local minutes
- Unlimited data

Extra Charges

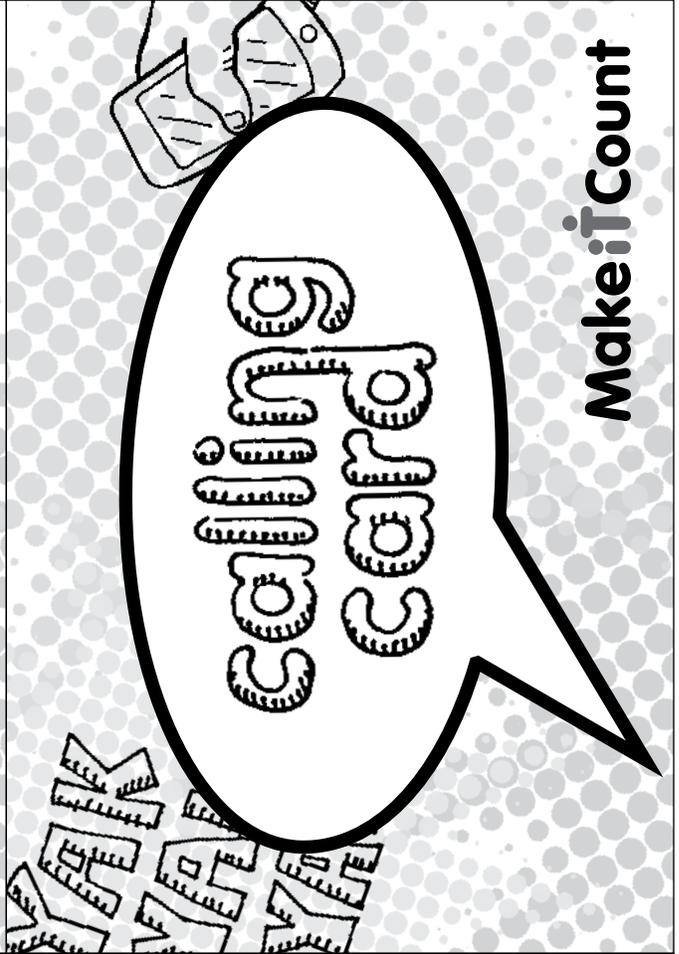
- Daytime minutes – \$0.50 per minute
- Long distance minutes – \$0.60 per minute
- Texting – \$0.20 per sent/received text

Minutes Left	Call	Text	Download	Browse	Description	Rate	Charge
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			\$
Plan Charge + Activation Charge							\$ 37.95
GST/PST							\$
TOTAL							\$



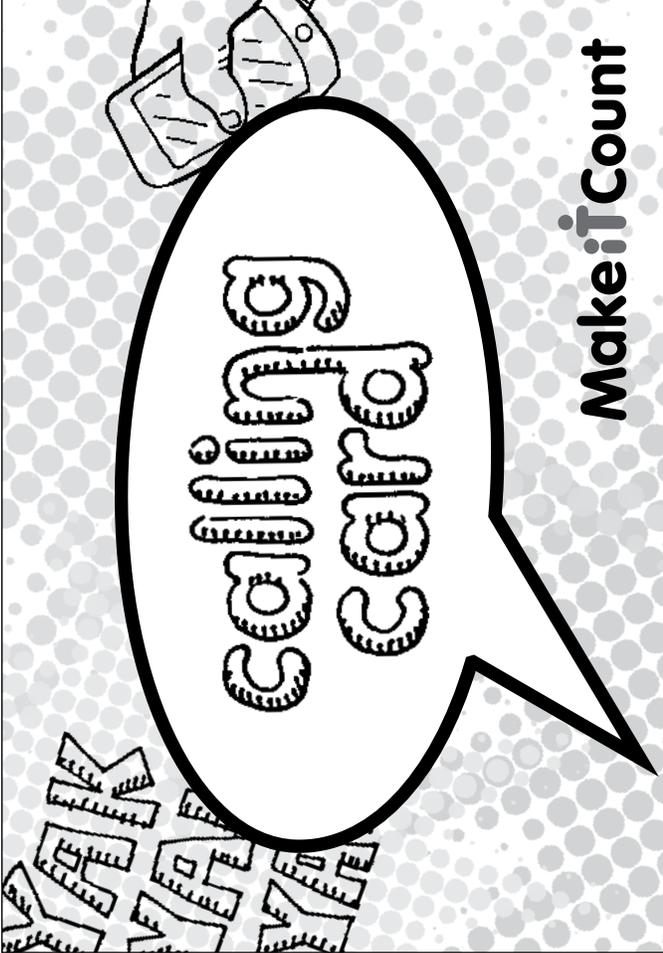
calling
scard

Make it Count



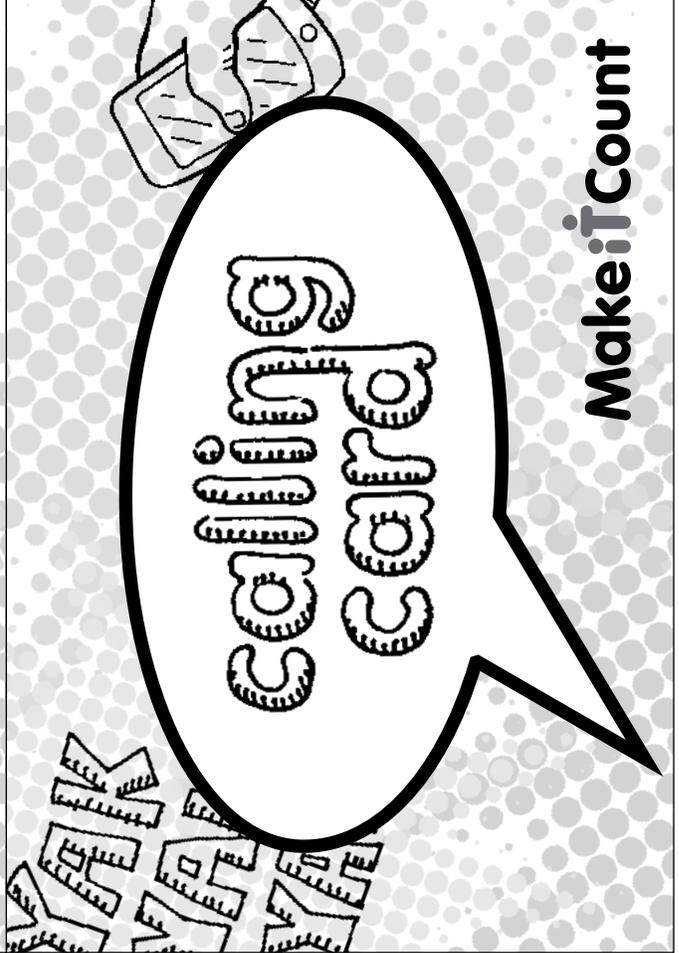
calling
scard

Make it Count



calling
scard

Make it Count



calling
scard

Make it Count

**You send a text to Day & Night
Delight and they reply right
away. You send another and
they send one back. Altogether
you send 10 messages and
receive 10 in return.**

**You vote for your favourite
singer on TV. You vote for him
via text message. It costs \$1 to
vote by text.**

**You send 10 text messages to
Premade Prepaid, but they don't
send you any back! Ouch...**

**You can't resist taking a funny
picture of your dog wearing
your glasses. You send it to Text
Etiquette. Text Etiquette sends you
three LOL texts.**
*Sending a picture costs the same as a text message.

calling
scard

Make it Count

This panel features a speech bubble containing the words 'calling' and 'scard' in a stylized, dotted font. To the right of the bubble is the text 'Make it Count'. The background is a light gray field with a pattern of small white dots. In the top-left corner, there is a small illustration of a hand holding a telephone receiver. In the bottom-right corner, there is a cluster of stylized, geometric shapes resembling buildings or letters.

calling
scard

Make it Count

This panel is identical to the top-left panel, featuring a speech bubble with the words 'calling' and 'scard', the text 'Make it Count', and a background with a dot pattern and small illustrations.

calling
scard

Make it Count

This panel is identical to the top-left panel, featuring a speech bubble with the words 'calling' and 'scard', the text 'Make it Count', and a background with a dot pattern and small illustrations.

calling
scard

Make it Count

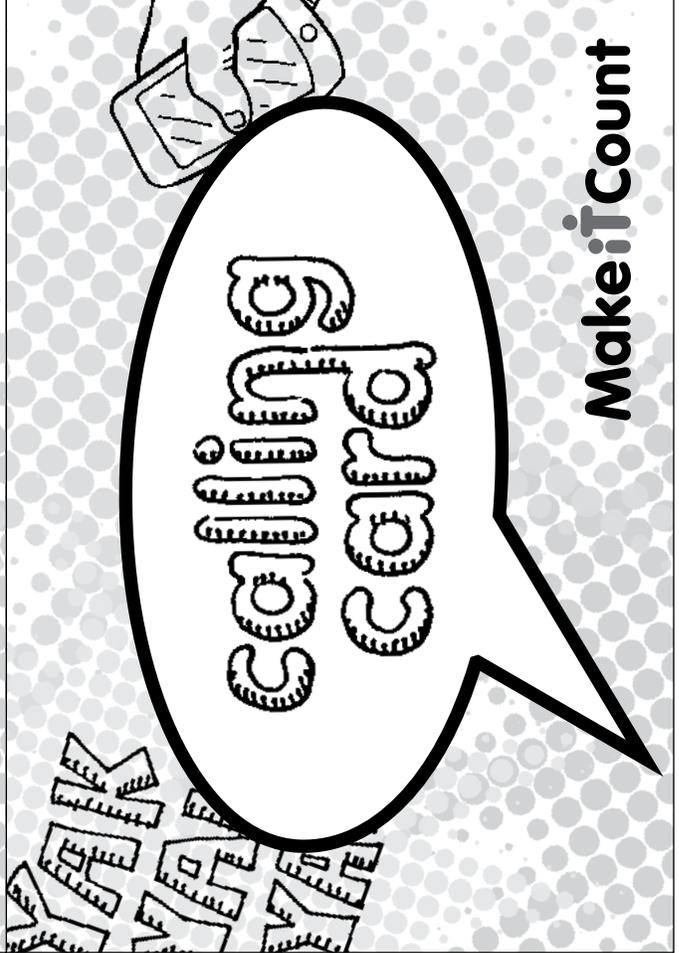
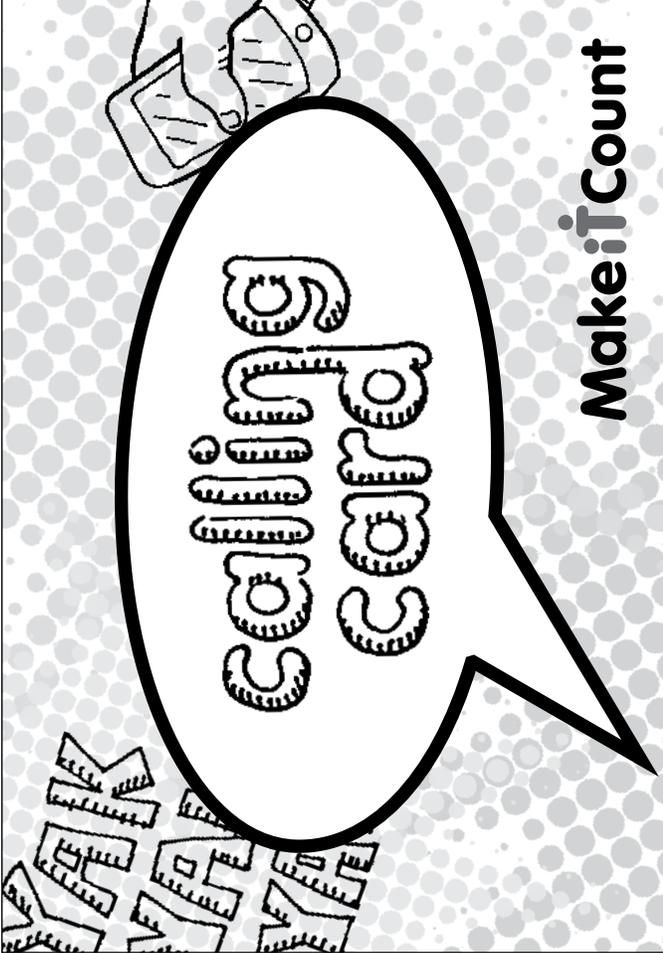
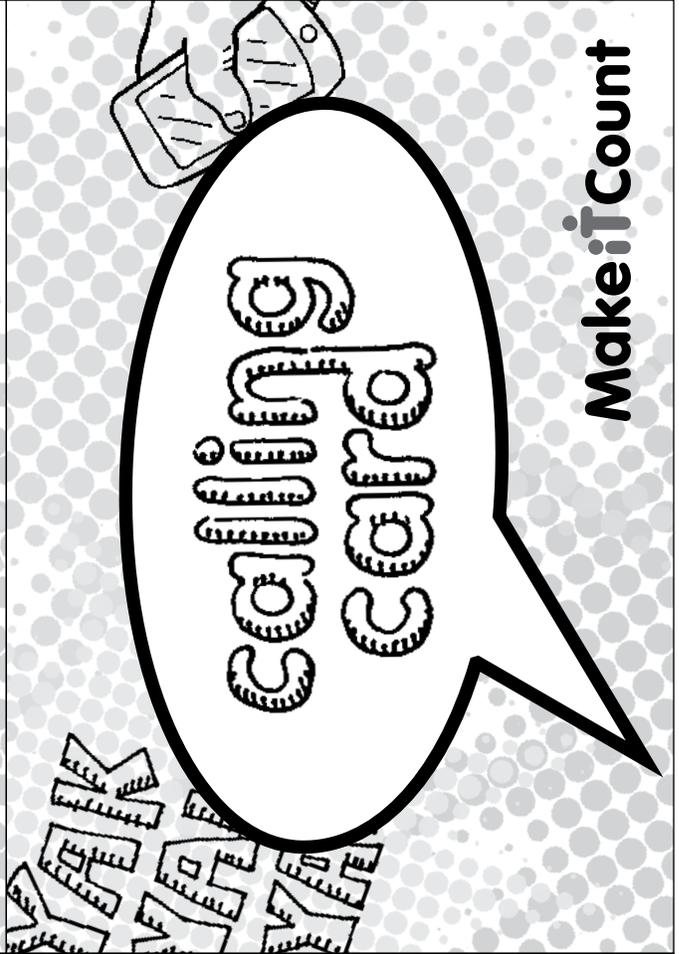
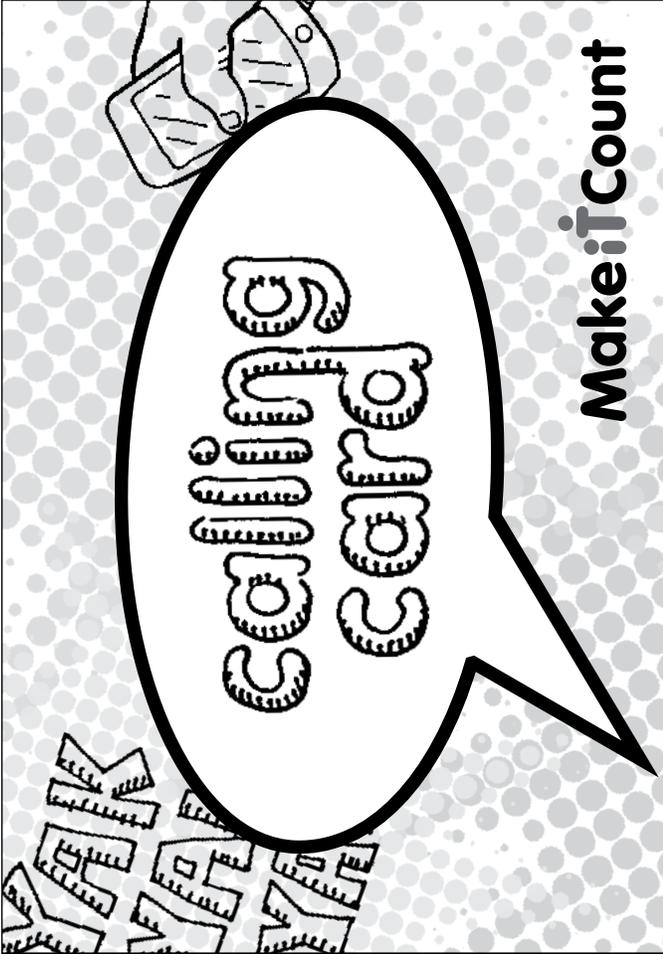
This panel is identical to the top-left panel, featuring a speech bubble with the words 'calling' and 'scard', the text 'Make it Count', and a background with a dot pattern and small illustrations.

You send 20 text messages at lunchtime to Distance Assistance. Distance Assistance only sends you 10 text messages before they have to go back to class.

You send eight text messages to Super Talk and receive two text messages in return. What's up with that?

It is 6 p.m. Monday night. There's nothing to do but homework, so you call Text Etiquette and chat for 80 minutes.

SNOW DAY! You have a Friday off from school. Distance Assistance calls you at 1 p.m. and you talk for 30 minutes.



It's your night for the dishes, but you put it off and call Day & Night Delight at 5:30 p.m. You talk for 45 minutes (until your mom starts waving the dish rag at you).

You call Premade Prepaid, just 'cause, at 9 p.m. Thursday evening. You manage to talk about absolutely nothing for 20 minutes.

You have to call Super Talk at 7 p.m. Wednesday night to find out the address for a friend's birthday party. It takes them 10 minutes to give you directions.

Saturday you receive a call from your grandma asking if you have seen her glasses. You manage to change the subject for the entire 30-minute call.

calling
scard

Make it Count

This panel features a speech bubble containing the words 'calling' and 'scard' in a stylized, dotted font. The background is a grey field with a white polka-dot pattern. In the top-left corner, there is a small illustration of a hand holding a telephone receiver. In the bottom-right corner, there is a cluster of stylized, dotted letters 'K', 'A', and 'M'.

calling
scard

Make it Count

This panel is identical to the top-left panel, featuring a speech bubble with the words 'calling' and 'scard', a polka-dot background, a telephone receiver illustration, and a cluster of letters 'K', 'A', and 'M'.

calling
scard

Make it Count

This panel is identical to the top-left panel, featuring a speech bubble with the words 'calling' and 'scard', a polka-dot background, a telephone receiver illustration, and a cluster of letters 'K', 'A', and 'M'.

calling
scard

Make it Count

This panel is identical to the top-left panel, featuring a speech bubble with the words 'calling' and 'scard', a polka-dot background, a telephone receiver illustration, and a cluster of letters 'K', 'A', and 'M'.

Your favourite video game just went mobile! You're dying to play it and it only costs \$5 so you download it onto your phone.

You need to check an email from a buddy but dang, where is it? You have to browse through 10 pages before finding it!

Your fave band has a new video online! You need to check it out on your cell. You browse through 15 different pages before you can find it.

You're visiting your grandparents from another province. They don't have cable. They don't even have a VCRI! You are bored out of your face, so you call Prepaid Prepaid on Saturday at 12 p.m. and talk for 30 minutes.

calling
scard

Make it Count

This panel features a speech bubble containing the words 'calling' and 'scard' in a stylized, dotted font. To the right of the bubble is the text 'Make it Count'. The background is a light gray field with a pattern of small white dots. In the top-left corner, there is a small illustration of a hand holding a telephone receiver. In the bottom-right corner, there is a cluster of stylized, dotted letters 'K', 'A', and 'M'.

calling
scard

Make it Count

This panel is identical to the top-left panel, featuring a speech bubble with 'calling' and 'scard', the text 'Make it Count', a dotted background, a telephone receiver illustration, and a cluster of 'K', 'A', and 'M' letters.

calling
scard

Make it Count

This panel is identical to the top-left panel, featuring a speech bubble with 'calling' and 'scard', the text 'Make it Count', a dotted background, a telephone receiver illustration, and a cluster of 'K', 'A', and 'M' letters.

calling
scard

Make it Count

This panel is identical to the top-left panel, featuring a speech bubble with 'calling' and 'scard', the text 'Make it Count', a dotted background, a telephone receiver illustration, and a cluster of 'K', 'A', and 'M' letters.

Distance Assistance is on the other side of the country for a hockey tournament. Wednesday night at 6 p.m., they call and complain for 20 minutes about how they lost.

You just pulled off a first at the science fair finals, and the best part is they took place halfway across the country. You call Text Etiquette on Friday at 7 p.m. and explain about the index of refraction for 20 minutes.

It's Friday and you and your family travelled to your cabin for the weekend! You call Day & Night Delight at 6 p.m. for 25 minutes to tell them about the squirrel you caught eating garbage.

It's Sunday at 1 p.m. and you're waiting at the departure gate at an airport for a flight back home. There is nothing to do – you finished your book and you have visited all the shops twice already. You call Super Talk and talk to them for 25 minutes until it's time to board the plane.

Shrink a Space

Figure out the costs associated with your specific room. You may choose to use store catalogues, the internet, telephone or any other means (aside from guessing) to determine the costs for the chart below.

Hints

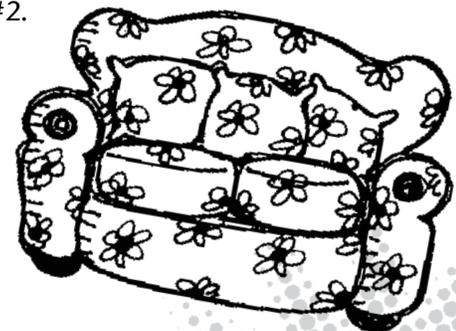
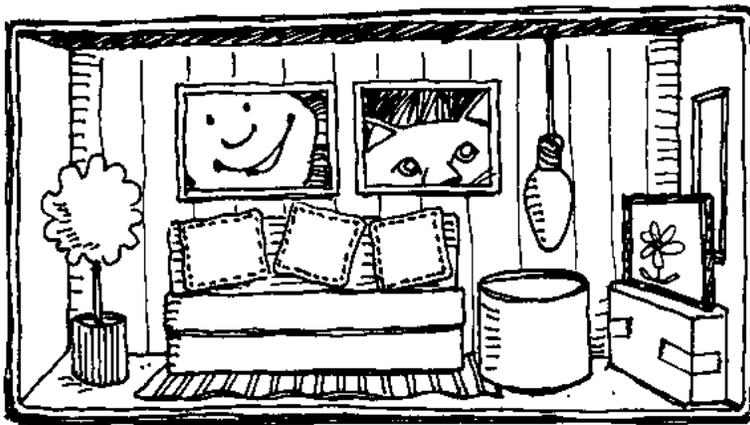
Setup cost: refers to any item that needs to be purchased to furnish/decorate the room.

Running cost: refers to the costs associated with things being turned on or plugged in.

Room: _____

Room Item	Setup Cost	Running Cost
Couch	\$700	None
TV	\$450	\$2.50 per month (electricity) + \$30 per month (cable)
Total	\$	\$

1. What is the total cost of setting up and running the room for one month? _____
2. How can this cost be improved? _____
3. Create a diorama using the savings tips that were suggested in question #2.



Cash for a Cause

Choose a Charity

What is a cause close to your heart? If you were going to donate money to a charity, which one would it be, and why? These are a few things to think about when researching charities to donate to:

What charity did you research? _____

What does this charity do? _____

Why did you choose this charity? _____

How much money does this charity need each year to be successful? _____

How do you know this charity is legitimate and not a scam? _____

Who did the class decide to donate to? Why? _____

Your Class Gift

As a class, you will have chosen a charity to donate to. Consider the following:

What is the best way for your group to donate? (percentage of income vs. set amount) _____

What are the pros and cons to each method? _____

What will be the donation amount? _____



Love to save
loonies!



Scam Specialists

Frauds and scams are way too common! Learn as much as you can about how they work, and provide real-life examples to help you explain how they work to others.

	How does this scam work?	Real-life examples
Online Scams		
Identity Theft		
ATM Fraud		
Investment Scams		

*protect
your
pin!*



At
the
ATM.



*The active
Fraud
SQUAD!*

At-home Alternatives

Check out the savings if you move an activity from somewhere commercial into your house!

Activity Name: Four friends at the theatre

Description	COST: At the Theatre	COST: At Home
Tickets	\$ 40	\$ 5 (rental)
Popcorn	\$ 20	\$ 5
Pop	\$ 20	\$ 5
Total	\$ 80	\$ 15

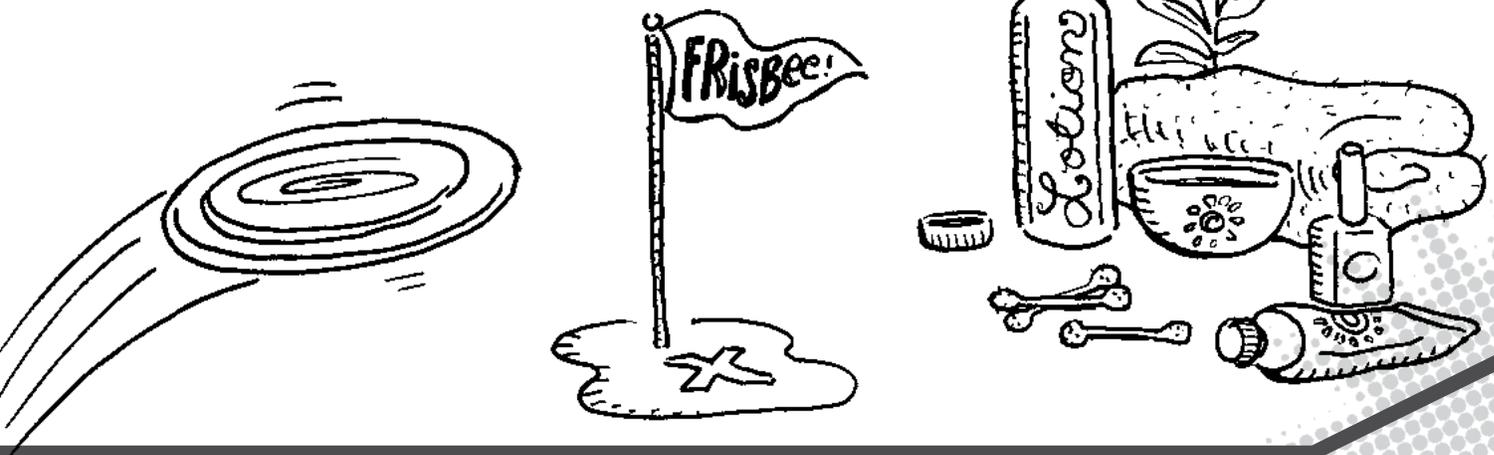
TOTAL SAVINGS ARE: \$65

Now it is up to you to turn your favourite recreational activity into cheap, creative fun at home!

Activity Name:

Description	COST:	COST: At Home
	\$	\$
	\$	\$
	\$	\$
	\$	\$
	\$	\$
	\$	\$
	\$	\$
	\$	\$
Total	\$	\$

TOTAL SAVINGS ARE: _____



Plan a Class Party

Party Committee _____

Our committee's total budget is _____

Party Ideas



Committee Budget

Responsibility	Estimated Cost	Actual Cost
Making 20 cookies	\$ 4	\$ 5.25
	\$	\$
	\$	\$
	\$	\$
	\$	\$
	\$	\$
	\$	\$
	\$	\$
	\$	\$
Total	\$	\$

*Remember, even if you make cookies at home, you will have to buy the ingredients.



On Vacation

You are in charge of organizing a three-day vacation. You will be given a destination and a budget and will need to plan a three-day trip!

Here's what you need to consider:

1. Air Travel: How are you going to get there?

Find the best deal on booking a flight! Will you use websites or maybe a travel agent? Don't forget that there are lots of taxes that will be added to the flight's list price. You also need to consider the cost of getting from the airport to wherever you are staying!

2. Accommodation: Where are you going to stay?

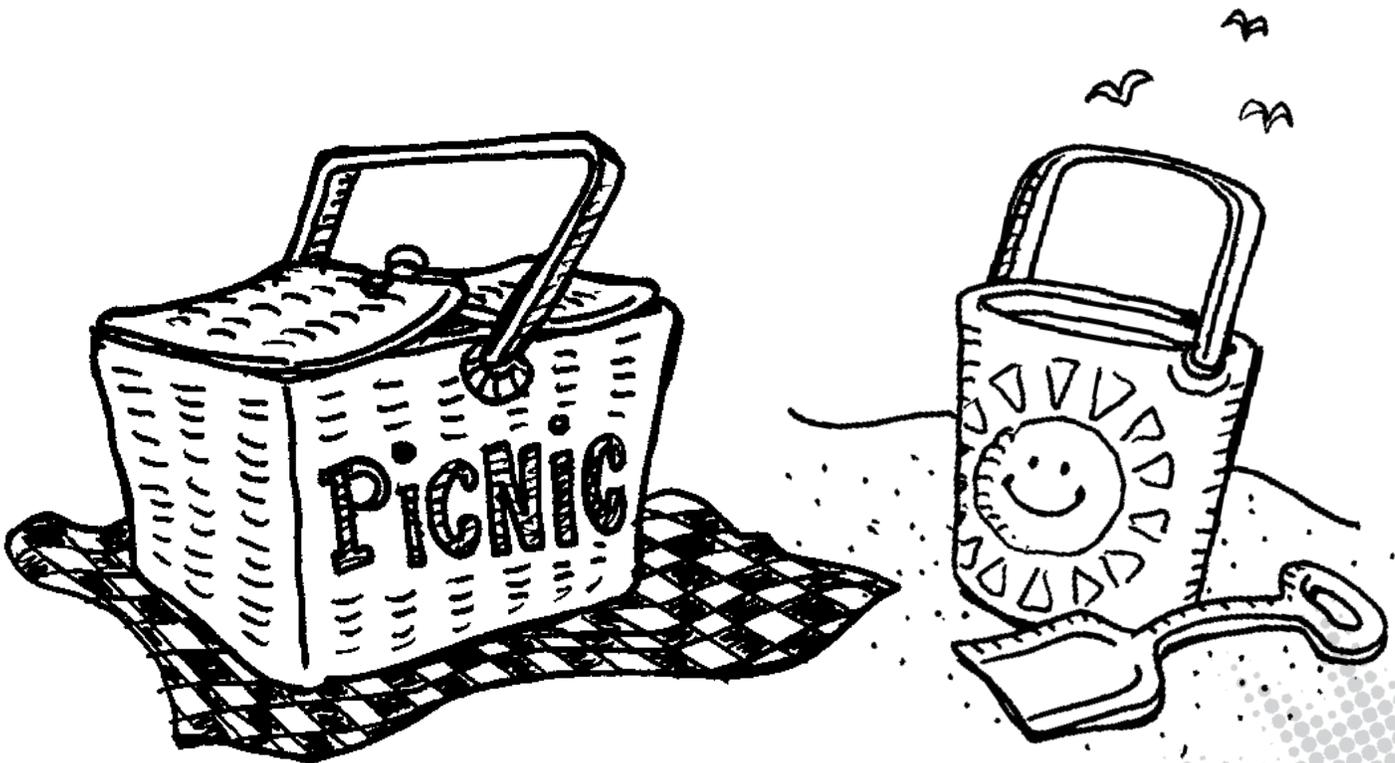
Where are you going to stay? A hotel, a motel, a hostel or maybe you have a more creative idea that may be cheaper?

3. Activities: What are you going to do and see?

Do you like athletic activities or maybe more of an arts scene? Choose among your group (or on your own) – just track your costs!

4. Food: Where are you going to eat?

There is a lot of room for creativity here. Will you make your meals? Eat fast food? Dine in fancy restaurants? Make sure that your budget will support whatever your ideas might be!



Trip Itinerary

Destination: _____ Total Budget: _____

Travel and Accommodation	Details	Cost	Comments/Savings Info
Flight		\$	
Accommodation		\$	
Total		\$	

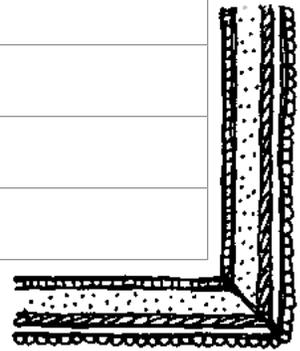
Day One:	Details	Cost	Comments/Savings Info
Breakfast			
Activity 1			
Lunch		\$	
Activity 2		\$	
Dinner		\$	
Activity 3		\$	
Total		\$	

Day Two:	Details	Cost	Comments/Savings Info
Breakfast		\$	
Activity 4		\$	
Lunch		\$	
Activity 5		\$	
Dinner		\$	
Activity 6		\$	
Total		\$	

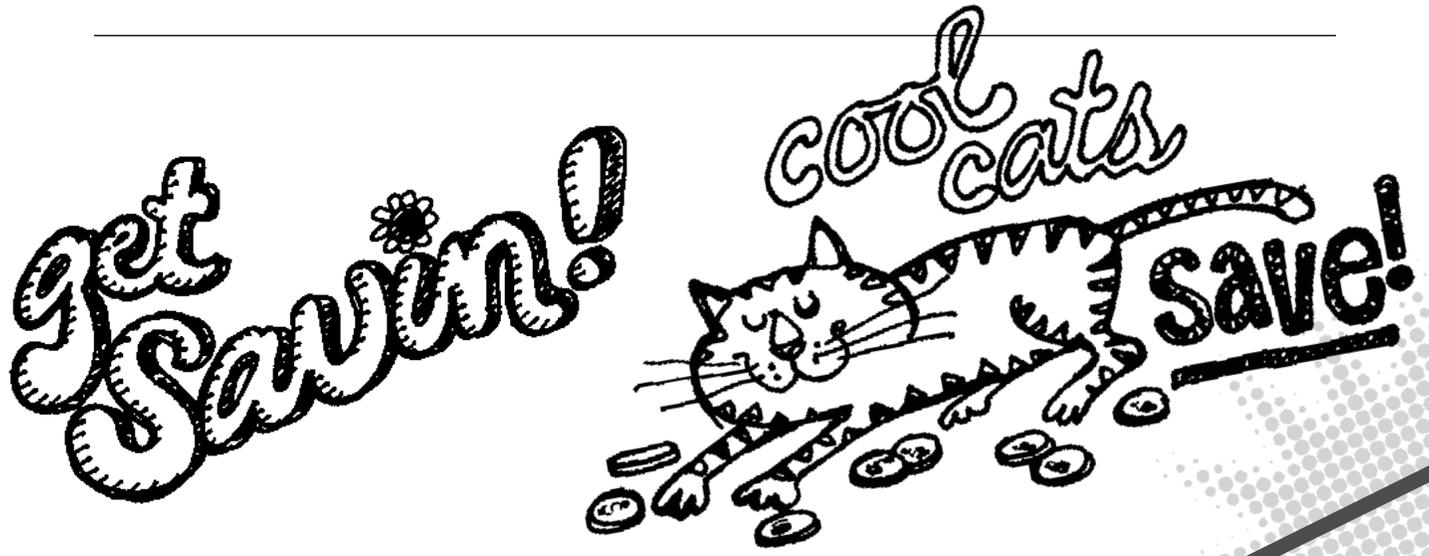


Trip Itinerary

Day Three:	Details	Cost	Comments/Savings Info
Breakfast		\$	
Activity 7		\$	
Lunch		\$	
Activity 8			
Total		\$	
Grand Total		\$	



Planning Space: _____



YAK YAK YAK bitterp do I already have a like It's a great day & savings!
baby
SALE
I love saving
MakeitCountOnline.ca

super talk



MakeitCount

Name: _____



The atm FRAUD SQUAD!



I love saving.



Pop from vending money

LOOSE CHANGE





Make*i*Count

be a money mentor

Date _____

Dear Parent/Guardian,

Over the course of the next _____, we will be introducing a financial literacy program called **Make it Count** to your child. The program was designed by **The Manitoba Securities Commission** to promote responsible money management and instil healthy financial habits at a young age. By means of discussion and activity, students will be encouraged to explore concepts such as budgeting, earning money, saving money, setting goals, security of financial information, etc.

We hope to enlist your help. Several of the activities would be greatly enriched with further discussion from home. Please be assured that we will not be discussing specifics of your family's financial situation. For more information, or to obtain a free copy of *Make it Count: A Parent's Guide to Youth Money Management*, go to MakeitCountOnline.ca.

Sincerely,

