

Page 1 - Initial 'valueless' categories - Economic nutrition guide worksheet (2023 version)

Categories of things we spend on during a typical month in our personal budgets (alphabetical order)	
Beverages	Professional services and maintenance fees
Books & magazines	Restaurants & coffee shops
Business expenses	Social media & software subscriptions
Cell phone, landline phone, VOIP provider	Technology devices
Clothing	Tools and craft supplies
Cosmetics and hygiene	Tobacco, vaping & other substances
Donations	Transportation
Education and personal growth	Travel
Entertainment, recreation, and social activities	MISSING?
Financial services	MISSING?
Gifts	MISSING?
Groceries	MISSING?
Internet provider	
Interest paid and ATM fees	
Insurance fees	
Journalism	
Medicine	

Page 2 - Purchase choices - Economic nutrition guide worksheet (2023 version)

Categories of things we spend on during a typical month in our personal budgets (alphabetical order)	'Where' and 'how' I buy (include all that you can think of)
Beverages	Illustrative example: Grocery store (Food Basics), convenience store (Quickie), ethnic deli (European Delicatessen)
Books & magazines	Illustrative example: Public library, drug store (Shoppers), big box store (Costco), independent bookstore (Perfect Books), big bookstore (Chapters)

Categories of things we spend on during a typical month in our personal budgets (alphabetical order)		'Where' and 'how' I buy (include all that you can think of)
Table #__ discussion	Category:	
	Category:	
	Category:	
	Category:	
	Category:	

Page 3 - Ascribing initial value - Economic nutrition guide worksheet (2023 version)

Impact		Choose most often (Green)	Choose wisely (Yellow)	Limit (Orange)	Avoid (Red)
What does that purchase do for your community (broadly speaking)?		Always a good purchase Nutritionally, like eating apples	Sometimes a good purchase, depending on how much of it you buy and the circumstances Nutritionally, like eating chocolate	Often not a good purchase, depending on what it is and how you use it Nutritionally, like eating a decadent burger	Very likely not a good purchase Nutritionally, like smoking a cigarette
Illustrative example: Beverages			Grocery store; ethnic deli beverages	Convenience store beverages	
Illustrative example: Books & Magazines		Public library; independent book store	Drug store; big box store; big bookstore		
Table #__ discussion	Category:				
	Category:				
	Category:				
	Category:				
	Category:				

Page 4-5 - Ascribing community-level impact - Economic nutrition guide worksheet (2023 version)

Impact	Choose most often (Green)	Choose wisely (Yellow)	Limit (Orange)	Avoid (Red)
What does that purchase do for your community (broadly speaking)?	Always a good purchase Nutritionally, like eating apples	Sometimes a good purchase, depending on how much of it you buy and the circumstances Nutritionally, like eating chocolate	Often not a good purchase, depending on what it is and how you use it Nutritionally, like eating a decadent burger	Very likely not a good purchase Nutritionally, like smoking a cigarette
Illustrative example: Beverages		Grocery store; ethnic deli beverages	Convenience store beverages	
Reasoning -- positive (+) or negative (-) community impact)		(some negative impact): Buying beverages in stores is not great for the environment, period (a lot of plastic or glass is used).	(mainly negative impact): They charge higher prices & typically only sell nutritionally-dubious drinks; people in food deserts don't have a choice though	
Illustrative example: Books & Magazines	Public library; independent book store	Drug store; big box store; big bookstore		
Reasoning -- positive (+) or negative (-) community impact)	(mainly positive impact): public libraries help improve literacy at a young age, independent book stores keep jobs local, which allows local authors a platform for their work, keeping local culture alive	(some negative impact): Profits are often not kept locally from those stores; chains typically only keep material that sells nationally, which increase uniformity from a cultural perspective (creates monocultures, which are not great)		

Table # __ discussion	Category:				
	Reasoning (+/- community impact)				
	Category:				
	Reasoning (+/- community impact)				
	Category:				
	Reasoning (+/- community impact)				
	Category:				
	Reasoning (+/- community impact)				
	Category:				
	Reasoning (+/- community impact)				

Page 6-7- Geography-specific gems & aggregators - Economic nutrition guide worksheet (2023 version)

Categories of things we spend on during a typical month in our personal budgets (alphabetical order)	Example (if no good examples, use 'N/A'; if example outside geographic scope, use an *)	
	Hidden gem (e.g. store / shop)	Aggregator (e.g. platform)
Beverages	Illustrative example: N/A	Illustrative example: N/A
Books & magazines	Illustrative example: Perfect Books Independent Bookstore	Illustrative example: Apt613.ca (Ottawa's culture website)
Business expenses		
Cell phone, landline phone, VOIP provider		
Clothing		
Cosmetics and hygiene		
Donations		
Education and personal growth		
Entertainment, recreation, and social activities		
Financial services		
Gifts		
Groceries		
Internet provider		
Interest paid and ATM fees		

Insurance fees		
Journalism		
Medicine		
Professional services and maintenance fees		
Restaurants & coffee shops		
Social media & software subscriptions		
Technology devices		
Tools and craft supplies		
Tobacco, vaping & other substances		
Transportation		
Travel		
MISSING?		
MISSING?		
MISSING?		
MISSING?		