

$L1\sqrt{ERP\%L}$

COUNTS
AT
HOME

Shopping

Take your teens shopping and ask them to estimate the costs of items you are buying. Make sure that you shop with a shopping list. There is clear evidence that people who shop with a list spend less than those who impulse buy.

Ask them to estimate the costs of the purchases and don't be surprised if they are way out on their estimates.

Many young people have never had the experience of costing the weekly shop and are often shocked at the cost of running a home, this is a valuable life lesson for them.

