

The family's weekly shopping habits reflect their diverse tastes and needs. The household, consisting of a man, a woman, and their young child, spends an average of 654 euros per month at Rewe, balancing essentials with treats that cater to each member's preferences. Their shopping routine involves visiting the store three to four times a week, allowing them to buy fresh items regularly while also accommodating spontaneous cravings or unexpected needs.

At the heart of their purchases are the staples that ensure their meals are nutritious and satisfying. The man, who enjoys hearty dishes, often picks up fresh meat such as rump steak for 14.99 euros per kilogram, sausages for 4.79 euros per pack, and a block of aged gouda for 6.49 euros. These items make their way into weekend dinners or casual barbecues, meals he thoroughly enjoys preparing. The woman, preferring lighter and healthier fare, gravitates toward fresh vegetables and fruits, including avocados at 1.99 euros each, cherry tomatoes for 2.49 euros per pack, and a bag of mixed salad greens for 3.29 euros. She also selects organic products like quinoa for 5.99 euros per bag or a bottle of cold-pressed olive oil for 11.49 euros, which are staples in her Mediterranean-inspired meals.

The child's preferences bring a playful variety to their shopping. Cereal boxes, like chocolate-flavored muesli for 3.89 euros, and fruit-flavored yogurts at 0.89 euros per cup, are must-haves every week. The little one also loves juice boxes, often picking up a pack of apple juice for 2.99 euros, and enjoys treats such as a chocolate bar for 1.49 euros or a small tub of vanilla ice cream for 3.79 euros. These small indulgences make mealtime fun and keep the child excited for each trip to the store.

Each shopping trip results in around 20 to 30 items, ranging from pantry staples like 500g of pasta for 1.29 euros, a bottle of tomato sauce for 2.49 euros, and a kilogram of rice for 3.79 euros, to fresh produce, dairy, and beverages. The man ensures they never run out of coffee, often buying a 500g bag of ground coffee for 7.99 euros, or

beer, with a six-pack costing 6.99 euros for casual evenings. The woman, on the other hand, stocks up on baking supplies such as flour for 1.19 euros per kilogram, brown sugar for 2.69 euros per pack, and a selection of herbal teas at 3.49 euros per box. Occasionally, she adds skincare products like a face cream for 9.99 euros to the cart.

The family's spending habits balance planning and flexibility. Larger shopping trips at the start of the week focus on bulkier or long-lasting items such as laundry detergent for 12.99 euros, toilet paper for 6.49 euros, and canned beans for 1.49 euros per tin. These trips often account for a significant portion of their spending. Midweek and weekend visits are smaller and more spontaneous, focusing on fresh bread (1.99 euros per loaf), milk (1.59 euros per liter), or specific ingredients for a recipe like a packet of fresh basil for 1.89 euros.

Their shopping also reflects the changing seasons. In winter, the cart includes hearty soups with ingredients like potatoes for 2.49 euros per 2kg, carrots for 1.69 euros per kilogram, and warming drinks such as mulled wine for 4.99 euros per bottle and hot chocolate mix for 3.99 euros per tin. In summer, it's stocked with grilling supplies like a pack of chicken breasts for 7.49 euros, fresh fruits such as watermelon for 5.99 euros per half, and refreshing drinks like lemonade for 2.79 euros per bottle.

Occasional splurges, like a bottle of fine wine for 19.99 euros or a box of specialty pralines for 12.49 euros, add moments of indulgence to their routine. These purchases, while less frequent, bring joy and celebration to their household.

The total monthly expense of 654 euros represents not just the cost of food but also the happiness of shared meals and the warmth of family life. Each trip to Rewe is a reflection of their personalities: the man's love for hearty, comforting meals, the woman's focus on health and balance, and the child's delight in simple, playful treats.