

SMART STRATEGY:

Make a Shopping List with Meals in Mind



**TOO GOOD
TO WASTE**

- Think about how many meals you'll eat at home this week and how long before your next shopping trip.
- Next to fresh items on the list, note the quantity you need or number of meals you're buying for.
- Shop your kitchen first and note items you already have.

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FOOD ITEM	AMOUNT NEEDED	ALREADY HAVE
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Salad greens

Lunch for a week

Enough for one lunch

2% milk ½

Gallon

None