

Smart Shopping: Shop with Meals in Mind

- 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.

Never shop without a list! Guessing what you have or don't have often results in duplicates which means more food waste.

Food Item

Amount Needed

Already Have

Apples

5-6

1 left