

Planning Meals: Use a Shopping List¹

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Have you ever gotten home from the grocery store and realized you forgot to buy what you went for? Have you bought foods that you already have at home? Keep this from happening to you again. Write your shopping list before going to the store. Never go to the grocery store without your shopping list! The shopping list saves time and money. Gas for an extra trip to the store easily can add dollars to your grocery bill. And, the less you shop, the less likely you are to make an impulse purchase.

Make a Shopping List before Going to the Store



- ✓ Keep a grocery list and pen where it's easy to use such as on the counter or fridge.
- ✓ When you run out of something write it on the list immediately!
- ✓ After planning meals and snacks and checking recipes, take an inventory of what's on the pantry, refrigerator and freezer and list those you need.
- ✓ Determine how much you need and what can be stored safely.
- ✓ Double check your staple items such as coffee, rice, and flour. If they are low, add them to the list.
- ✓ Substitute foods when possible on your list after checking food ads and discount coupons.

Using Your List at the Store



- ✓ **Remember** to take your list!
- ✓ **Stick to your list** for added savings, but be flexible if you encounter sales.
- ✓ **Cross off items** as you pick them up.
- ✓ Purchase frozen and refrigerated foods **last**.
- ✓ Check for any coupons. **Compare** the same size items from other brands to make sure the couponed item is the best deal.

Develop or find a grocery list that works for you. List can be organized according to store layout or by food group. Here are two examples of shopping lists:

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Based on MyPyramid	Based on the Store Layout
<p>Grain Group Choose whole grains</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bread <input type="checkbox"/> Crackers <input type="checkbox"/> Cereals <input type="checkbox"/> Pasta <input type="checkbox"/> Rice <hr/> <hr/>	<p>Fruits and Vegetables</p> <hr/> <hr/> <hr/>
<p>Vegetable Group Choose dark-green and orange veggies</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fresh <input type="checkbox"/> Frozen <input type="checkbox"/> Canned <hr/> <hr/>	<p>Canned Foods</p> <hr/> <hr/> <hr/>
<p>Fruit Group Buy a variety of fruits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fresh <input type="checkbox"/> Frozen <input type="checkbox"/> Canned <input type="checkbox"/> Dried <hr/> <hr/>	<p>Baking Products and Seasonings</p> <hr/> <hr/> <hr/>
<p>Oil section</p> <ul style="list-style-type: none"> <input type="checkbox"/> Olive <input type="checkbox"/> Canola 	<p>Bread, Cereal and Grains</p> <hr/> <hr/> <hr/>
<p>Milk Group Choose fat-free or low-fat</p> <ul style="list-style-type: none"> <input type="checkbox"/> Milk <input type="checkbox"/> Yogurt <input type="checkbox"/> Cheese <hr/> <hr/>	<p>Frozen Foods</p> <hr/> <hr/> <hr/>
<p>Meat and Beans Group Go lean in protein</p> <ul style="list-style-type: none"> <input type="checkbox"/> Beans <input type="checkbox"/> Fish <input type="checkbox"/> Poultry <hr/> <hr/>	<p>Meat, poultry, fish, and eggs</p> <hr/> <hr/> <hr/>
<p>Other</p> <hr/> <hr/>	<p>Dairy and cold Foods</p> <hr/> <hr/> <hr/> <p>Other</p> <hr/> <hr/> <hr/>