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.

FOOD ITEM	AMOUNT NEEDED	ALREADY HAVE
Salad greens	Lunch for a week	Enough for one lunch
2% milk	Gallon	NONE

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