



SHOP SMARTER

**BE SURE
TO SHOP YOUR
KITCHEN
FIRST!**

Rethink Food Waste Menu Planning

Think about how many meals you'll eat at home this week and how long before your next shopping trip.

MEALS FOR THE WEEK

MON	
TUE	
WED	
THUR	
FRI	
SAT	
SUN	

SHOPPING LIST

“ I HAVE BEEN FORWARDING EACH WEEK’S TIPS TO MY MOM, WHO TENDS TO SHOP FOR A RECIPE SHE WANTS TO MAKE AND THEN LEAVES LEFT OVER INGREDIENTS IN THE FRIDGE AND FORGETS ABOUT THEM. SHE HAS HAPPILY REPORTED THAT SHE HAS SAVED MONEY AT THE STORE RECENTLY (AND WASTED LESS FOOD!) BY SHOPPING HER FRIDGE, FREEZER, AND PANTRY TO HELP PLAN MEALS. ”