



# 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.

FOOD ITEM

AMOUNT NEEDED

ALREADY HAVE

Salad greens

Lunch for a week

Enough for one lunch

2% milk

Gallon

None