

# Shopping List



## Tips..

- Keep a piece of paper and pencil in the kitchen to write down the items you need to buy when you think of them.
- Check to see what foods you already have and if there is enough for the menu you have planned.
- Write down the food items and amounts you need.

## A Bright Idea



- On the back of your recipes, write the items needed to make the recipe.
- Include how much or the size of the item to buy.
- Use this list to make your shopping list.

- Shop at a supermarket. They are usually less expensive than small neighborhood stores.
- Plan to shop only once a week so you won't always be running to the store to pick up extras. This saves gas and time, plus helps you to avoid buying things you don't really need.



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# April

**Waldorf Salad**  
 1 cup celery - chopped  
 2 apples - chopped  
 1/2 cup walnuts - chopped  
 1/2 cup fat-free vanilla yogurt  
 1 tsp lemon juice  
 1 tsp sugar

- In a bowl, combine celery, apples, and walnuts - set aside.
- In a different bowl, combine yogurt, lemon juice, and sugar.
- Add yogurt mixture to celery, apples, and walnuts. Mix together.
- Refrigerate until ready to serve.

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/> Buy a few foods to keep on hand every week. See below for more ideas of essential foods to buy.					Use the store layout when making out shopping lists.	
<input type="checkbox"/> Purchase a package of macaroni, extra can of vegetables, & salt if needed.		<input type="checkbox"/> Check store specials before shopping.				
<input type="checkbox"/> Buy baking goods: sugar, flour, baking soda, & baking powder if needed.			<input type="checkbox"/> Buy food items that spoil easily (fresh fruits and vegetables, milk, & bread) weekly.			
<input type="checkbox"/> Grab some shortening, vegetable oil, & margarine if needed.				Use coupons only if money is saved on what you usually buy and use.		
<input type="checkbox"/> Buy spices (like cinnamon), dry beans, and rice if needed.					Compare brands & sizes to find the lowest price	
<input type="checkbox"/> Get a can of tuna, spaghetti sauce, fruit, and oatmeal if needed.						