2002

April: Shopping List

Utah State University Extension

Follow this and additional works at: http://digitalcommons.usu.edu/extension_histall

Part of the Food Science Commons

Warning: The information in this series may be obsolete. It is presented here for historical purposes only. For the most up to date information please visit The Utah State University Cooperative Extension Office

Recommended Citation

http://digitalcommons.usu.edu/extension_histall/677

This Report is brought to you for free and open access by the Archived USU Extension Publications at DigitalCommons@USU. It has been accepted for inclusion in All Archived Publications by an authorized administrator of DigitalCommons@USU. For more information, please contact dylan.burns@usu.edu.
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.
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

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

---

Nutrition Education Program for Families

**NEP**

### April

<table>
<thead>
<tr>
<th>S U N</th>
<th>M O N</th>
<th>T U E</th>
<th>W E D</th>
<th>T H U</th>
<th>F R I</th>
<th>S A T</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buy a few foods to keep on hand every week. See below for more ideas of essential foods to buy.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Purchase a package of macaroni, extra can of vegetables, &amp; salt if needed.</td>
<td>Purchase a package of macaroni, extra can of vegetables, &amp; salt if needed.</td>
<td>Check store specials before shopping.</td>
<td>Buy food items that spoil easily (fresh fruits and vegetables, milk, &amp; bread) weekly.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grab some shortening, vegetable oil, &amp; margarine if needed.</td>
<td>Buy baking goods: sugar, flour, baking soda, &amp; baking powder if needed.</td>
<td></td>
<td></td>
<td>Use coupons only if money is saved on what you usually buy and use.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buy spices (like cinnamon), dry beans, and rice if needed.</td>
<td>Get a can of tuna, spaghetti sauce, fruit, and oatmeal if needed.</td>
<td></td>
<td>Use coupons only if money is saved on what you usually buy and use.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use the store layout when making your shopping lists.</td>
<td>Use the store layout when making your shopping lists.</td>
<td>Use the store layout when making your shopping lists.</td>
<td>Use the store layout when making your shopping lists.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

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