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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### Waldorf Salad Instructions

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.**

### Shopping List

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

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**NEP**

Nutrition Education Program for Families