MENU PLANNING TIPS

- ✔ Each week or month set aside time for menu planning.
- ✔ Use the Food Guide Pyramid to create a nutritious menu.
- ✔ Read the grocery store ads that come in the mail and newspaper to take advantage of specials.
- ✔ Start by planning the evening meals. Include family favorites, store specials, budget stretching and quick-to-fix meals.
- ✔ Use leftovers to make other meals. Leftovers make a good lunch.
- ✔ Plan breakfasts that include foods from 2-3 of the food groups.
- ✔ Complete the menu by planning healthy snacks.
- ✔ Examine each meal and evaluate it on flavor combinations, texture, color and temperature.
- ✔ Prepare a shopping list to avoid impulse buying and to avoid additional trips to the store.
- ✔ Save all menus. They can be modified and reused.

OTHER IDEAS

- ✔ Buy bread and rolls at the day-old outlets.
- ✔ Cook from scratch. Home baked items cost 1/3 less than buying them at the store.
- ✔ Make your own frozen dinners from leftovers.
- ✔ Make your own convenience mixes.
- ✔ Eat foods in season.
- ✔ Grow gardens and fruit trees. Learn how to preserve fruits and vegetables.

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WEEKLY MENU PLANNER

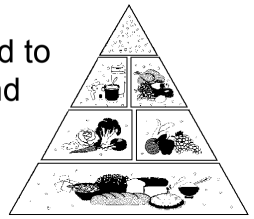
Foods on Hand

_____
_____
_____
_____
_____

Items on Sale

_____
_____
_____
_____
_____

Use the Food Guide Pyramid to plan meals and snacks.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Evening Meal							
Snacks							

SHOPPING LIST

Fresh fruits and vegetables

Dried beans and peas

Canned fruits, vegetables and other canned foods

Milk, cheese and yogurt

Bread, cereal, rice, pasta and tortillas

Meat, poultry, fish and eggs

Staples and miscellaneous

Frozen foods