

# 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.

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<b>FOOD ITEM</b>	<b>AMOUNT NEEDED</b>	<b>ALREADY HAVE</b>
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Salad greens	Lunch for a week	Enough for one lunch
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2% milk	Gallon	None
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