

SHOPPING LIST

Use this template to help organize your shopping list. Making a list of food items will allow you to be more prepared when going to the grocery store. It will also help prevent you from buying more food than you need, which can lead to wasted food and money. Make note of the suggestions for each food group to ensure you're making the healthiest choices possible. Also, don't forget your coupons....they're a simple way to save money!

		Quantity	COUPON - Y or N
<p>VEGETABLES AND FRUIT</p> <p>-choose fresh local fruit and vegetables as much as possible</p> <p>-try a variety of different fruit and vegetables to keep the kids interested! 😊</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>GRAIN PRODUCTS</p> <p>-choose whole grain breads, english muffins, cereals, etc more often</p> <p>-try topping cereals, whole wheat pancakes or whole wheat waffles with fresh fruit!</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Milk and Alternatives</p> <p>-choose milk and yogurt that has less than 2% M.F.</p> <p>-choose cheese with less than 21% M.F.</p> <p>-why not try a fortified soy milk beverage for something different?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Meat and Alternatives</p> <p>-choose deli meats that are lower in fat and salt</p> <p>- eggs are a great choice!</p> <p>- toasted tuna & cheese sandwiches are a tasty treat!</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Other Supplies</p> <p>-napkins, paper plates, cutlery etc.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>