



After planning the meals and snacks for your family, the next step is to write a grocery shopping list.



Write down all the foods you will need to fix the meals and snacks you have planned.



Go back over your list and cross out any foods you already have on hand and plan to use.



It is a good idea to keep paper handy on which you can write foods as you run out. When writing a shopping list, be sure to include these foods.



Remember to list any staple foods (like sugar, flour, vegetables oil, seasonings) that you will need to buy.



If you need a certain size package or can for recipe, write the size on your list by the item (example: tomato sauce – 8 oz can).



If an item is advertised at a special price, write the price next to the item on your list.



Betty Greer, PhD
Professor and Nutrition Specialist