

The Grocery Shopping Trip

Use this weekly meal planner and shopping list to organize your shopping trip. Make copies of this for weekly use, and post the shopping list on your refrigerator. Write down the names of items you are running low on during the week. As you plan meals for the week, think about your family's schedule. Also, check grocery store deals to save on cost. List all the foods you will need for the main meals, and don't forget about breakfast, lunch, snacks, and household items like toilet paper.

WEEKLY FAMILY MEAL PLANNER

MONDAY _____

FRIDAY _____

TUESDAY _____

SATURDAY _____

WEDNESDAY _____

SUNDAY _____

THURSDAY _____

SHOPPING LIST

FRUITS/VEGETABLES

PAPER/CLEANING ITEMS

BAKERY/BREAD

REFRIGERATED/DAIRY

GROCERY ITEMS

MEATS/SEAFOOD

FROZEN

MISCELLANEOUS

DELI

HEALTH/BEAUTY ITEMS

AT THE GROCERY STORE, YOU SHOULD:

- Cross off items as you set them in the cart.
- Stick to the list, but be flexible if you see a good deal. Ask yourself if the "deal" is really needed.
- Avoid shopping when hungry. Hungry shoppers often buy more than needed.
- Post the weekly meal planner on the refrigerator when you get home from the store, so family members will know what is planned for the main daily meal. The first adult or teen home can start cooking!

