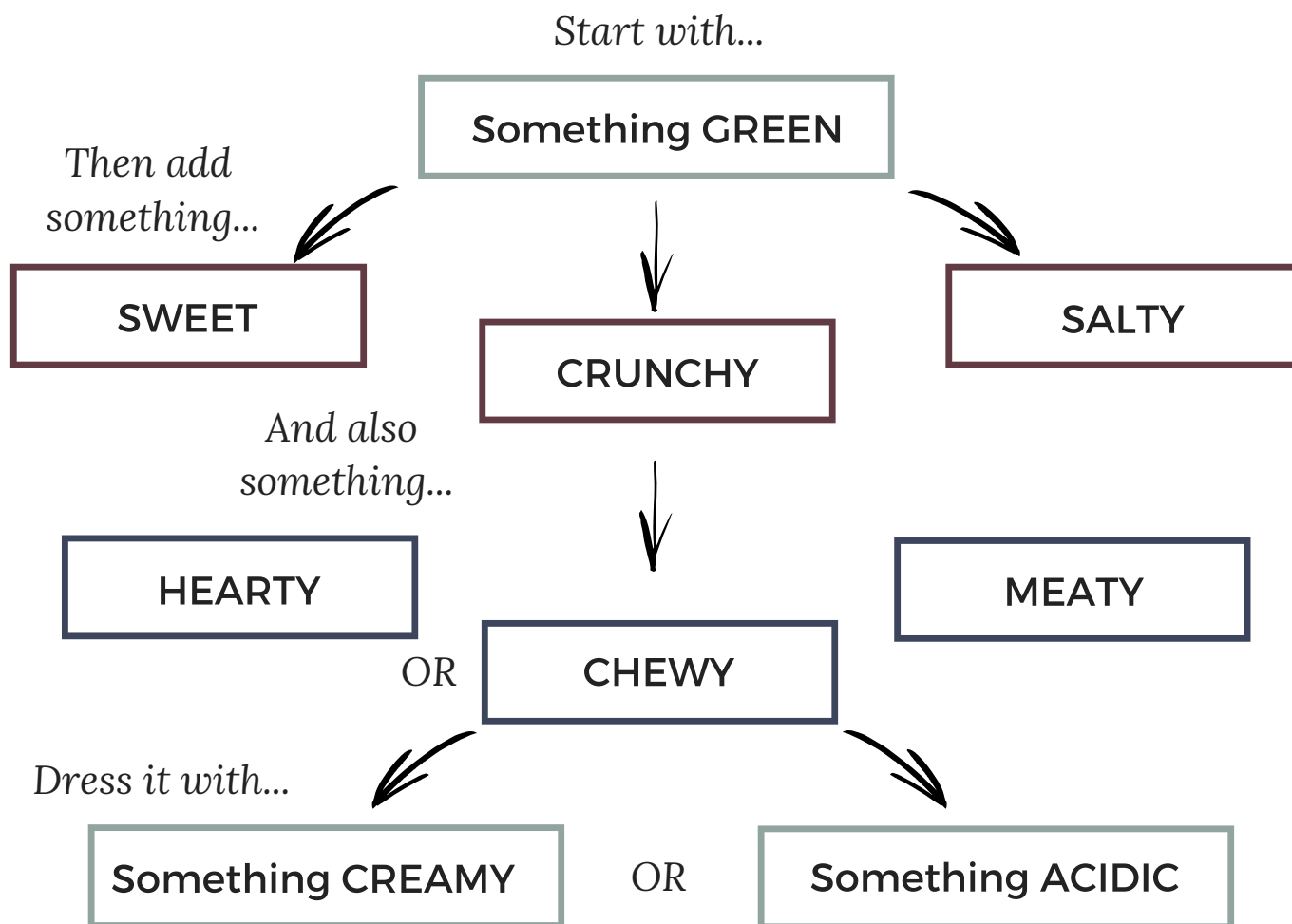




SALADS THAT DON'T SUCK

Foods I enjoy
and shop for:



Potential
flavor pairings
I want to try:

GROCERY SHOPPING GAME PLAN

Shopping with a strategy can help reduce food waste and save money. Use this outline to come up with a plan that works for your lifestyle, budget, and nutrition needs.

LIST OF COMMON FOODS YOU CAN USE FOR MEALS & SNACKS:

PANTRY:

REFRIGERATOR:

FREEZER:

I prefer to shop at:

This is the day and time that's most convenient for me to shop:

I will plan to shop [] times per week to have what I need.

Before I shop I will:

- Check to see what I already have
- See what's about to spoil or go bad (Ask: "What can I use before I throw it away?")
- See if I can substitute something that may be hard to find or not available

PUT IT IN ACTION

If you think about how you typically shop or store groceries, what do you throw away or waste most often?

List some new or different ingredients or products you would like to try:

1

2

3

4

TROUBLESHOOTING

This week, consider how you can stock your kitchen to always have what you need to cook or prepare a meal at home. Do you need to invest in kitchen equipment? Do you want to see new recipes or examples? Do you want to experiment with different ingredients? Do you need to take into account other people and their preferences?

Use this space for questions to ask at your next session: