



HOW TO GROCERY SHOP WITH A LIST

Grocery shopping on a budget can be overwhelming, but having a plan can help!

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How to Make a Useful List:

1. Choose a system that works for you! There is no "right way" to do this! Try using the template below to plan your meals and make a list! If this template doesn't work for you, there are plenty of free templates online.
2. Check what you already have! If you're starting from ground zero, check out the staples list on the right to help you build your list.
3. Make a priority list of the items you need this week! If you're following recipes, remember you can make them work for you by substituting ingredients with foods you already have on hand.
4. Bring your list to the grocery store, and try to stick to it.



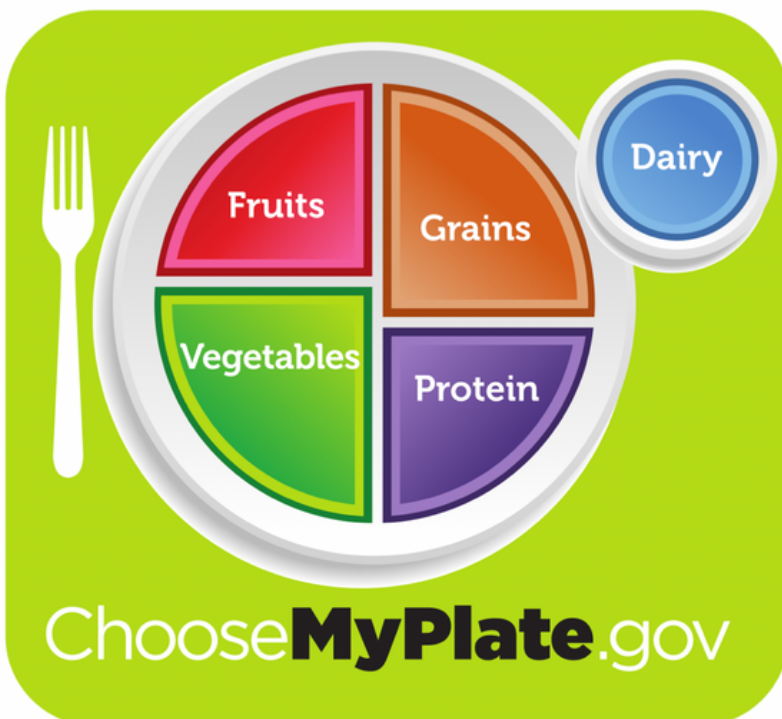
Pantry staples:

These items have a long shelf-life which makes them helpful to have on hand for preparing meals.

- Rice, pasta, & other grains
- Canned products: beans, legumes, vegetables, soups etc.
- Nuts, dried fruits, nut butter
- Salt, pepper, & other seasoning
- Oil, vinegar, cooking spray, etc
- Condiments, sauces, etc.

You don't have to get these all at once. Start slow! Get what you like and go from there.

MyPlate.gov has tools to help you find savings in your area & find ways to prepare budget friendly foods.



Sample Meal Plan Template

	Breakfast	Lunch	Dinner
M			
T			
W			
T			
F			
S			
S			

Plenty of free online resources like this exist for you to download and fill in. You can also find grocery list templates that help you organize your shopping!