

GREEN CORNER- Zero Food Waste Series (Week 3 of 4)

Going to the grocery store? Time to make a SHOPPING LIST! Begin by planning your meals. “Shop” your fridge, freezer and pantry shelves to not double up on your purchases. Be sure to incorporate the ingredients that need to be used into this week’s meals. Use this as your guide or write your list directly into your notes on your phone. Cross off your items as you put them in the cart or basket.

Find more tips and tools at StopFoodWaste.org or contact me, Leticia Padilla, carlosletty3@gmail.com



SHOPPING LIST *with Meals in Mind*

- 1 Before you shop, plan the meals you’ll eat at home and list items needed.
- 2 “Shop” your fridge, freezer and cupboards for ingredients first.
- 3 Note quantity of fruit and veggies needed from the store.

MEAL	ALREADY HAVE	NEED TO BUY
<i>Example: Veggie Quiche</i>	<i>Example: Mushrooms - 1 cup</i>	<i>Example: Eggs- 1 dozen</i>
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

