



My Shopping List

Plan, Shop, Save and Cook

My Goal

Choose one goal to work on before next class.

- I will go grocery shopping using my shopping list.
- I will create another dinner menu.
- I will cook the meal I planned today in class for my family at home.
- I will involve my children in planning and preparing a meal this week.

Plan, Shop, Save, Cook -Adapted from the Eating Smart, Being Active Curricula —Rev. April 2014

Write Your Family Dinner Menu

1. Foods I have on hand

Whole chicken	Onions
Black beans	Fresh spinach
Tortillas	Frozen corn
Tomato sauce	Low-fat cheese
Brown rice	Chicken broth
Low-fat milk	Lettuce
Oranges	
Pasta noodles	

3. Write your dinner menu

2. List foods in the store advertisement

4. Circle the food groups used in your dinner menu. Did you include plenty of fruits and vegetables?

