

Making a shopping list

Equipment

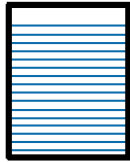


Pen



Paper

1



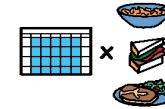
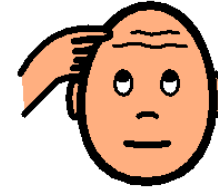
Collect equipment

2



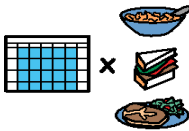
Write down the days of the week

3



To help you make your list, think about what meals you eat during the week

4



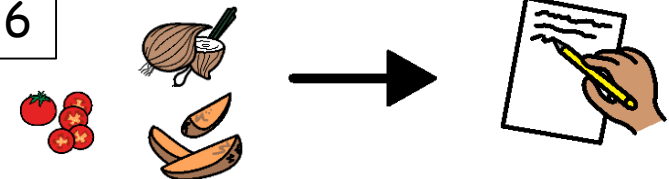
Write a meal choice under each day

5



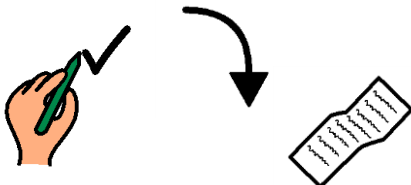
Make sure you have balanced meals, including vegetables

6



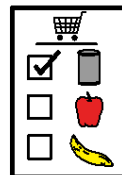
Write down ingredients you need for each meal

7



Check you have included all ingredients you need on your list

8



Take your shopping list with you to the shop