

Making a shopping list

	Full adult support needed	Some adult support needed	Step completed independently
Collect equipment needed			
1. On the paper write down the days of the week			
2. To help you make your list, think about what meals you eat during the week			
3. Write a meal choice under each day			
4. Make sure you have balanced meals, including vegetables			
5. Write down ingredients you need for each meal			
6. Check you have included all ingredients you need on your list			
7. Take your shopping list with you to the shop			

What went well?

Next time, it would be even better if:
