



# GROCERY SHOPPING LIST

My Budget: \$ \_\_\_\_\_

## PRODUCE

## MEAT / POULTRY

## DAIRY

## FROZEN FOODS

## CANNED GOODS

## DRY GOODS

## BREAD/BAKERY

## BEVERAGES

## SNACKS

## TOILETRIES



# Nick's Guide to Grocery Shopping

### Know what you have and what you need

- Check expiration dates
- Create a meal plan
- Make a list



### Know how much you can spend

- Create a budget: \$ \_\_\_\_\_
- Know the difference between NEED and WANT
- Check your account to make sure the money is there



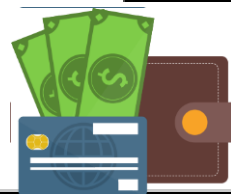
### Decide where you will shop

- Online Shopping
- Delivery shopping
- In-store shopping



### Determine how you will pay

- Cash
- Debit Card
- EBT card



### Know how you will keep your groceries fresh

- Pack your groceries carefully
- Make sure you can get your groceries home
- Put groceries away immediately
- First In First Out



## SIMPLE MENU PLAN

for the week of:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

For grocery shopping tutorial, full size menu planner, shopping list and checklist, please go to [www.kyspin.com](http://www.kyspin.com)

