

Simple Menu Plan
for the week of: _____

Monday	Tuesday
_____	_____
_____	_____
_____	_____
Wednesday	Thursday
_____	_____
_____	_____
_____	_____
Friday	Saturday
_____	_____
_____	_____
Sunday	Breakfast Ideas
_____	_____
_____	_____
Lunch Ideas	Snacks
_____	_____
_____	_____

10301-B Deering Rd., Louisville, KY 40272 www.ky-spin.com (502) 937-6864 or (800) 525-7744



Grocery Shopping List
My budget: \$ _____

PRODUCE	MEAT / POULTRY	DAIRY
_____	_____	_____
_____	_____	_____
_____	_____	_____
BREAD/BAKERY	FROZEN FOODS	DRY GOODS
_____	_____	_____
_____	_____	_____
_____	_____	_____
CANNED GOODS	BEVERAGES	SNACKS
_____	_____	_____
_____	_____	_____
_____	_____	_____
Household & Toiletries		
_____	_____	_____
_____	_____	_____

10301-B Deering Rd., Louisville, KY 40272 www.ky-spin.com (502) 937-7744 or (800) 525-7744

Having trouble deciding what to put on your shopping list? Start [here](#) with your weekly meal planner!

Check out [Nutrition.gov](#), brought to you by the U.S Department of Agriculture. This site has lots of great videos and information on making healthful eating choices.

Need a way to create a fast easy grocery shopping list for your trip out? Click here to [download](#) Nick's favorite list.

Access our Grocery Shopping resources [here](#)



Davis Rodriguez
Youth Engagment Coordinator

"When I first left home I was not a good cook. I spent most of my money on cheap junk food. But, I learned that what I thought was cheap and easy really wasn't. I had to learn the right types of food that worked with a healthier lifestyle"

Nick Carpenter
Youth Educator

"Moving out on my own meant I had to really start watching my budget. I knew I was spending way too much on extra food that I would eventually throw away, but I didn't know how to do better. Now, I make meal plans and make my shopping list specific to my plans."



Coming Next Month.....

People are always talking about internet safety, but part of keeping safe is taking responsibility for our own choices. Join Nick and Davis as they share with you ways to use the internet responsibly and safely.

If you need someone to talk to...

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (call or text)
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)

- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers
- Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press “2” for 24/7 bilingual services.
Website: <https://www.samhsa.gov/ddh>

Learn more about us [KY-SPIN Infosheet](#)

REQUEST ASSISTANCE OR MAKE A REFERRAL
800-525-7746 or 502-937-6894- spininc@kyspin.com

[Contact Form](#) (www.kyspin.com/contact/)

Download Printable [KY-SPIN Referral Form Here](#) (<https://tinyurl.com/4t2evb59>)



KY-SPIN, Inc. | 800-525-7746 | spininc@kyspin.com
| [Website](#) | [Donate](#)



The contents of this eNews were developed under a grant from the US Department of Education, # H328M150009. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government.



Information contained herein are for informational purposes only and do not imply endorsement by SPIN or KY-SPIN, Inc.

KY-SPIN, Inc. | 10301-B Deering Road, Louisville, KY 40272

[Unsubscribe](#) rhonda@kyspin.com

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by spininc@kyspin.com powered by



Try email marketing for free today!