



TOO GOOD  
TO WASTE

# SHOPPING LIST

## WITH MEALS IN MIND

STOPWASTE  
at home • at work • at school

1. Before you shop, plan the meals you'll eat at home and note items needed.
2. "Shop" your fridge, freezer and cupboards for ingredients you already have.
3. Note quantity of fruit and veggies needed, and choose loose items over pre-packaged.

Meal	Already Have	Need to Buy
<i>Example:</i> <i>Veggie Quiche</i>	<i>Example: Mushrooms - 1 cup</i>	<i>Example: Eggs- 1 dozen</i>
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		