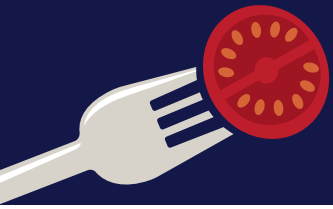


# Shopping with Meals in Mind



- 1 Before you shop, plan the meals you'll eat and list items needed.
- 2 "Shop" your fridge, freezer, and cupboards for ingredients first.
- 3 Make a list of items you need to buy.

MEAL	ALREADY HAVE	NEED TO BUY
Example: Veggie Quiche	Example: Mushrooms - 1 cup	Example: Eggs - 1 dozen
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Additional Items:		



These easy to use apps may help with grocery shopping and meal planning:

- Yummly
- Meal Board
- Cooklist
- Pantry to Recipe
- Whisk Recipe and Grocery List
- Our Groceries
- Out of Milk
- Shopping List



**SAINT PAUL**  
PUBLIC WORKS

[stpaul.gov/foodwaste](http://stpaul.gov/foodwaste)  
Food: Too Good to Waste