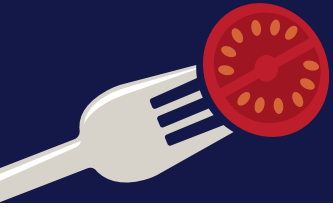


# Shopping with Meals in Mind



- 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
<i>Example: Veggie Quiche</i>	<i>Example: Mushrooms - 1 cup</i>	<i>Example: Eggs - 1 dozen</i>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Additional Items:		



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

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



**SAINT PAUL**  
PUBLIC WORKS

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