Shopping List

DATE

Writing a healthy shopping list can provide you with huge positives.

- It can help you to reduce the cost of your overall shopping bill.
- Ensuring your list matches your menu planner helps reduce food waste & enables food items to go further.
- It can also speed up the whole food shopping time as you have pre-thought through what you need.
- It will increase the choice of healthy, homemade options available to you each week.

Try writing your menu planner & your shopping list together:

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