

PEHP LightenUp

FREE WEIGHT MANAGEMENT CLASS

Grocery Shopping Basics Learning Activities

- Based on your meal plan for the week, make a grocery list.
- Try grouping items like paper towels, toilet paper, aluminum foil, plastic wrap, shampoo, toiletries, cleaning supplies, etc. and designate one shopping trip per month to purchase these things. Keep a running list so you don't run out and shop 1 or 2 stores with the best prices. Then, the other weeks of the month, shop for pantry supplies and the fresh foods needed for your recipes.
- Check the store ads and coupons that would help you save money with the items on your list. Don't use coupons to purchase items you really don't use or need.