



My Shopping List

Plan, Shop, Save and Cook

My Goal

Choose one goal to work on before next class.

- x I will go grocery shopping using my shopping list.
- x I will create another dinner menu.
- x I will cook the meal I planned today in class for my family at home.
- x I will involve my children in planning and preparing a meal this week.

Plan, Shop, Save, Cook Adapted from the Eating Smart, Being Active Curricula



This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA/SNAP known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low income households and can help buy nutritious foods for better health. For CalFresh information, call 1 877 847 8663.