## **SAVE $ AND REDUCE FOOD WASTE**

## **WEEKLY FOOD SHOPPING LIST & MEAL PLANNER**

## **STEP 1:** CHECK FRIDGE AND PANTRY

## Write down any food that needs to be used up e.g. will soon be stale, too soft, out of date or going past it’s expiry. List each food under the meal it is most like to be used in.

|  |  |  |  |
| --- | --- | --- | --- |
| BREAKFAST | LUNCH | DINNER | OTHER |
| e.g. berries /fruit | e.g. pears, wraps | e.g. beans, gravy, left-over fried rice, cauli’ | e.g. sweet/sour sauce packet |

**STEP 2:** list some meal IDEAS using the above foods

|  |  |
| --- | --- |
| MEAL IDEAS  e.g. sweet/sour chicken | **STEP 3:** PLAN WEEKLY DINNERS  Try and mix it up e.g. pasta one night, meat and veg the next. Start with meals that use up any of the food listed in Step 1. |
| MONDAY e.g. S/Sour chicken/rice/beans/cauliflower/gravy |
| TUESDAY |
| WEDNESDAY |
| THURS |
| FRIDAY |
| SAT |
| SUNDAY |

**STEP 4**: WRITE SHOPPING LIST to make meals listed above.