

# Meal Planning: START WITH THESE 5 STEPS

The single most important piece to meal planning is writing a list before you go grocery shopping. Organize your list using the following five steps. This will help make sure everything is covered.

## STEP 1 WRITE DOWN THE FOODS YOU HAVE

» Write down what foods you already have in your cupboards or pantry, freezer, and refrigerator. This will help you avoid buying more of what you already have. It will also help you see what you need.



## STEP 2 DECIDE WHAT YOU NEED TO USE

» Find foods that need to be used before they go bad and those you have a lot of. Using up the foods you have before they go bad will reduce waste and save time and money. It will also help focus your menu for the week.



## STEP 3 SEE WHAT'S ON SALE

» Check your store's sales flyer and loyalty program discounts. Make it a goal to stock your kitchen with sale items. This will help stretch your budget and help grow your pantry with ready to use ingredients.



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## STEP 4

### SKETCH A GENERAL PLAN

» Sketch out a general plan for the week that uses these foods. Many people find it is easiest to make this general plan when they have a structure to follow. One popular meal planning structure is using themes.

Here is an example of a general plan for one week of main meals based on themes:

MONDAY *Slow Cooker Meal*

TUESDAY *Mexican*

WEDNESDAY *Pizza and Salad*

THURSDAY *Leftovers*

FRIDAY *Pasta*

SATURDAY *Soup*

SUNDAY *Clear the Pantry*



## STEP 5

### MAKE YOUR LIST

» Make a grocery list of ingredients needed to complete these meals. Create your list by group or grocery aisle. This will help you get what's needed while reducing time and money. While some people prefer paper and pencil, others prefer to go digital. Both work.

\* *The important part is to take the time to make your list before you go shopping.*



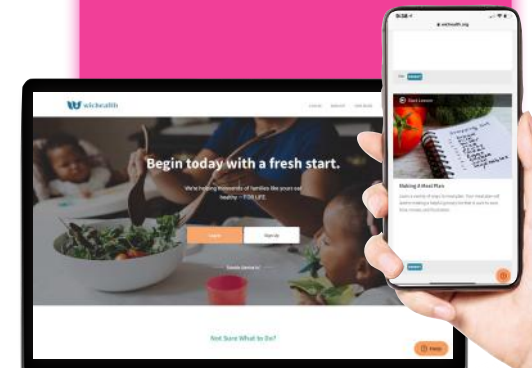
LESSON:  
MAKING A  
MEAL PLAN

### Take This Lesson Learn:

- A variety of ways to meal plan.
- How to create a helpful grocery list.
- Ideas to get your kids involved.

### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category:  
**Planning Simple Meals And Snacks**
- Choose the lesson:  
**Making A Meal Plan**



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