

# Meal Planner and Shopping List

## WEEKLY MENU PLAN

- Check what you already have in your fridge, freezer, and cupboard
- Plan your menu around your weekly activities
- Place your menu plan on your fridge

## SHOPPING LIST

- Write your shopping list from your menu plan
- Identify how much you will need
- Remember to take your list to the grocery store

MENU PLAN
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

ITEM/AMOUNT NEEDED	ALREADY HAVE
FRUITS & VEGETABLES	
BREADS & CEREALS	
DAIRY & FROZEN ITEMS	
MEAT & FISH	
NON-PERISHABLES	
DRINKS	
OTHER HOUSEHOLD ITEMS	



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Adapted from the EPA's Food: Too Good to Waste Toolkit