


| 1. Check what we already have | | 2. Plan ahead | | ✂ | 3. Buy ONLY what we need! | | | | |
|---------------------------------|--|---------------|-----------|---|--|--|--|--|--|
| FRIDGE, FREEZER, PANTRY, GARDEN | | ACTIVITIES | MENU PLAN | | SHOPPING LISTS (Tip: include quantities) | | | | |
| | | MON | B | | |  WastelessPantry <i>Local F&V store/market</i> | | | |
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| | | | | | | | <i>Other (Bakery, Dairy, local Butcher/Fishmonger)</i> | | |
| | | | | | | | REMEMBER YOUR REFILLABLE CONTAINERS & REUSABLE BAGS Tip: Use flip side for non food shopping and errands | | |