



# My Shopping List

Plan, Shop, Save and Cook

---

---

---

---

---

---

---

---

---

---

## My Goal

Choose one goal to work on before next class.

- I will go grocery shopping using my shopping list.
- I will create another dinner menu.
- I will cook the meal I planned today in class for my family at home.
- 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*