8 Steps to Meal Planning

Doing these 8 things will help you plan meals around the food you already have. It will help you keep from wasting food and will keep costs down. *Check out <u>myplate.gov/myplate-kitchen/recipes for</u> <u>great recipes</u>.*



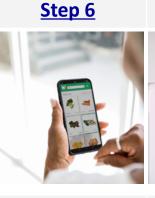
cabinets, and fridge. You can save money by using these items to cook in the next week. It's helpful to write out your meals for the week. Include breakfast, lunch, dinner, and snacks.

Find new ideas for healthy and low-cost meals based on what you have on hand, foods you enjoy, and good buys. Visit My Plate Kitchen. Choose meals you can easily prepare when you're short on time. Save ones that take longer for days off or when family members are there to help.

Step 5



Think about making more food at one time. Keep extra food for another meal.







Make a grocery list by store section or food groups to make shopping quick and easy.

Keep a list of foods you need on your fridge or use an app.

Plan for a mix of fresh, frozen, and shelf-stable foods in your meals. Eat your fresh food first so it doesn't go bad.