





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 [myplate.gov/myplate-kitchen/recipes for great recipes](https://myplate.gov/myplate-kitchen/recipes-for-great-recipes).**

<p><u>Step 1</u></p>	<p><u>Step 2</u></p>	<p><u>Step 3</u></p>	<p><u>Step 4</u></p>
			
<p>Look in your freezer, cabinets, and fridge. You can save money by using these items to cook in the next week.</p>	<p>It's helpful to write out your meals for the week. Include breakfast, lunch, dinner, and snacks.</p>	<p>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.</p>	<p>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.</p>
<p><u>Step 5</u></p>	<p><u>Step 6</u></p>	<p><u>Step 7</u></p>	<p><u>Step 8</u></p>
			
<p>Think about making more food at one time. Keep extra food for another meal.</p>	<p>Make a grocery list by store section or food groups to make shopping quick and easy.</p>	<p>Keep a list of foods you need on your fridge or use an app.</p>	<p>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.</p>