

# Katie Says Make a Grocery List



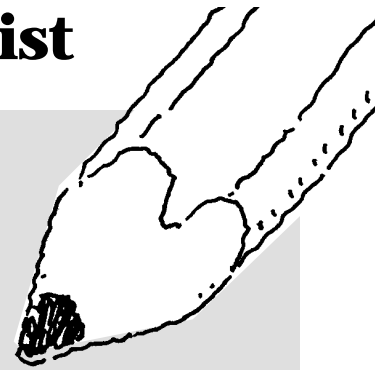
## Take an Inventory:

Are the foods you use a lot almost gone?

*Write them on a list.*

Check the foods you already have.

*Can you use them in your meals and snacks?*



• Are the foods you use a lot almost gone? Write them down on a list.

• Use foods that are in season.

• Read the labels.

### Grocery List

- flour
- rice
- corn meal
- cabbage
- broccoli
- milk
- juice
- crackers
- yogurt
- apples
- ground beef
- spaghetti noodles

### Menu & Snacks

Monday:  
Spaghetti  
Salad  
Garlic bread

\* Plan Your meals and Snacks for a week.

• Compare!

## Menu Planning

- Plan your meals and snacks for a week.
- Use foods that are in season.
- Watch for specials on food in store ads—use these in your menu.
- Include the snacks and food used in the menu on your grocery list.

## Getting Ready To Shop

- Two grocery stores close together may both have good buys on different foods.
- Make separate lists of the foods you want to buy at each store.

## Shop From Your Grocery List

- Use your list when you shop.
- Be willing to change your list if you find other good buys.
- Use coupons to **save** money.
- **Compare**
  - ...prices and brands.
  - ...prices and size.
  - ...prices and form.
  - ...prices and convenience.
- **Read** food labels—they tell you what you are buying.
- Take your groceries home right away.
- Put groceries in the refrigerator and cabinets as soon as you get home.

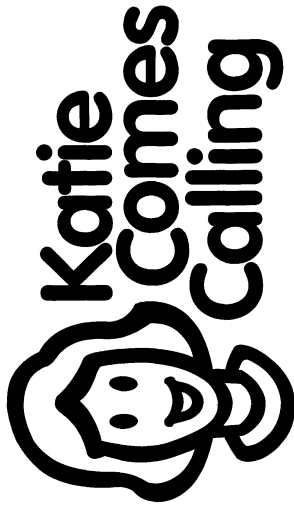


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Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie



### Grocery Shopping

Careful planning and shopping can help you save money on food.

Planning a menu means:

- You won't have to worry about "what's for dinner" when you are tired.
- Your meals will be more nutritious when you plan ahead.
- You won't wander around the grocery store.
- You will have everything you need when you get ready to cook.



*Evelyn F. Crayton*

Evelyn F. Crayton/Extension Foods & Nutrition Specialist  
Your County Extension Agent can tell you more about this and can help you in other ways too. Call or write:



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247-35M-10:98