

Grocery Store Planning

Creating a plan for the grocery store is important for sticking to nutrition goals because it helps you stay focused on buying healthier options, prevents impulse purchases, and ensures you have the right ingredients to prepare balanced meals. **Use the following questions to create a list!**



Step 1: What ingredients do you have at home?



Step 2: What meals do you want to cook this week?



What ingredients do you need to buy?



What snacks & hydration methods will you use?



Finalize your list and check local ads for sales!

Grocery Store Tips

- The Nutrition Facts Label is an important tool when determining if a food aligns with your dietary needs and/or goals.
 - Use the Four **S**'s to make informed choices:
 - **Sodium** (Salt) - Important for heart health
 - **Added Sugars**- Important for managing blood sugars
 - **Serving Size**- Important for mindful calorie intake
 - **Saturated Fat**- Important for heart health
- Choose Nutrient-Dense minimally processed foods like pre-washed salad greens, canned beans, pre-cut fruit, frozen or canned veggies, microwavable grains, canned tuna or rotisserie chicken!
 - These options can be a huge time saver for a busy individual or family constantly on the go.
- Choose whole grains options when possible, such as brown rice, whole wheat pasta, 100% whole grain breads. Hint: The first ingredient will have "Wheat Flour".

