



Shop with a list

STEP
3

Writing a shopping list will help you:

- reduce your food bills
- save time at the shops
- avoid doubling up on ingredients.

Smart ideas

- 1 Check what you already have to avoid doubling up.
- 2 Shop for local, seasonal produce that will last longer and is often cheaper.
- 3 Check 'Use By' and 'Best Before' dates when you shop.
- 4 Only buy special deals if they fit into your meal plan or can be stored for later.



Smart actions

- ✓ Write your shopping list next to your meal plan, or use an app.
- ✓ Take a photo of your shopping list on your phone so you always have it.
- ✓ Group items on your shopping list to save time.
- ✓ Where possible buy less but more frequently so you can enjoy fresh produce.

Welcome to stress-free shopping!

Now you're organised, it's time to tackle Step 4: Perfect portion sizes.



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