

Let's Cook Together @ Home



Try these TIPS...

- ✓ **Write down your meal and snack ideas.**
Use what you have before it goes to waste.
Look for sale items in flyers, apps, and coupons.
Price match when you can.
- ✓ **Write down what you need.**
Check your pantry or fridge.
Jot down items as you run out of them.
- ✓ **Stick to your list:**
Save money and time.
Reduce food waste.



REMEMBER: This *can* be fun. Try to find the joy in cooking!
VISIT: food-guide.canada.ca for more tips and ideas.

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Shopping List:

Vegetables & Fruits:

Grains:

Protein Foods (meat, fish, tofu, beans, dairy, eggs):

Other:

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