

Plan Ahead to Eat Healthy!

Planning What to Eat



- ☐ I made a menu, which included a variety of foods.
- ☐ I made a shopping list.
- ☐ I took my list with me to the store.

Shopping

- ☐ I made healthy choices.
- ☐ I read labels.
- ☐ I tried store brand products.
- ☐ I compared prices!

