



Making a Grocery List

Before you go to the store, look through your cupboards and refrigerator to see what you already have and what you need. Write the items you need to purchase in the correct category below.

<i>Fruits</i>	<i>Vegetables</i>
<i>Meats</i>	<i>Dairy</i>
<i>Grains and Beans</i>	<i>Breads</i>
<i>Household Supplies</i>	<i>Personal Items</i>