Worksheet 3: Food Planning

These tools can help you plan your food shopping for the week. Once you plan your meals. You can then decide what you need to buy. This can help you avoid making last minute decisions when you're tired, hungry or stressed in a shop and it can also help you cut down on food waste.

Step 1: Use this template to plan your meals

Food Shopping

Meal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks/ Drinks							

Step 2: Shop smart

- Check the unit price – per kilogram, per litre
- Compare Premium brand with Supermarket own brand prices
- Pay attention to the high price of convenience – single servings, prepared and ready-cook foods,
- Plan how you will use your leftovers: Will tonight's dinner be tomorrow's lunch?
- Buying in bulk only saves you money if you can use it before it expires.
- Make use of the freezer (if you have one to store leftovers or ingredients with a short expiry date).
- When you're looking at your cupboards, know the difference between 'use by' and 'best before'.

Best Before: Safe to eat after this date, but quality (taste, texture) might not be as good.

Use By: Must eat by this date. After that, it's not safe.