

Goal Sheet: Stretching Your Food Dollars

Remember!

Smart shopping can save you money!

GOALS:

- 1. Check weekly food ads.
- 2. Plan menus.
- 3. Make grocery list.



How did you do? Check if you met your goals.

	Yes	No	How can I improve?
Checked store food ads			
Planned menus			
Made grocery list			

Family solutions for meeting goals:				