

Meal planning guide:

Prep and save money

Reducing food waste starts with a little preparation. Here's your guide to planning meals and using food well. Follow these easy steps to map out your entire week of delicious meals and snacks.

1. Create a goal

Set yourself a food waste reduction goal and keep things simple to start. Focus on a specific ingredient, like "I will use all my bananas." Or an action, like "I will only buy things on my grocery list at the store."

2. Think ahead

Put the "me" in "menu." What are you craving this week? Here is a space to write ideas as they come to you.

3. Use it up

Write down the things you have and need to use. Check your fridge, freezer, and pantry. Keep these in mind as you plan a menu.

4. Make your plan

Now it's time for your ideas to become reality. List out the meals you'll be eating this week. Check your schedule so you can anticipate how much time (and energy) you'll have. Consider what you'll need to do ahead of time.

★ **Pro Tip:** Draw a star next to dishes or recipes that might have leftovers. Plan to eat them later in the week.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							

5. Look for swaps

Recipes aren't set in stone. Note where you can swap ingredients and think about opportunities to use what you already have.

6. Prepare to shop

Use your menu to plan your shopping trip. Jotting down ingredient amounts will help you buy less, save money, reduce waste, and plan for leftovers.



Category	Foods	Amount needed
Fresh fruit		
Fresh vegetables		
Dairy		
Dry goods		
Seasoning and oils		
Breads		
Meat and fish		
Deli		
Frozen		
Other		

To request an ADA accommodation, contact Ecology by phone at 360-407-6900 or email at FoodCenter@ecy.wa.gov, or visit <https://ecology.wa.gov/accessibility>. For Relay Service or TTY call 711 or 877-833-6341.

