

One- or Two-Person Grocery Shopping Checklist

Plan Smart • Buy Fresh • Reduce Waste

Meal Planning

- Plan 3–4 meals that share ingredients
- Include 1–2 leftover nights
- Check pantry and freezer first

Shopping List Essentials

- Group items by store section
- Stick to your list to avoid impulse buys

Portion Control

- Buy smaller packages of perishable foods
- Use bulk bins for exact amounts
- Choose half loaves of bread or smaller dairy cartons

Freezer Strategy

- Freeze in 1–2 person portions
- Label items with dates
- Keep a freezer inventory

Smart Buying

- Shop perimeter for fresh foods
- Buy store brands when possible
- Join store loyalty programs

Waste Reduction

- Shop more often but buy less
- Use versatile ingredients in multiple recipes
- Have a weekly 'Use It Up' meal