

Smart Choices

A Community Nutrition
Education Program



Thrifty Choices

Need/Have/Purchase Work Sheet

My Grocery List:

Use with
Food Intake Pattern,
Smart Choices Cards,
Food List,
Buying Guide
and
Menu Planner.

For example, your family may need 28 cups of fruits for 1 week.

Since it's good to eat Vitamin C fruits and other fruits, divide that number by 2.

Fill that in under Need: 14 cups of Vitamin C fruits and 14 cups of Other fruits.

You may have 8 large bananas already. Put that under "Less what you have on hand."

Subtract that from 14 and you will see that you need to purchase 6 cups of "other fruits."

Fill in 6 cups on the Food List, too.



The **Meal Planner** and **Smart Choices Cards** will help you figure out what you will prepare and how much to serve.

The **Buying Guide** and **Smart Choices Cards** will tell you how much you need to purchase, and the **Food List** will give you ideas of the variety of foods you can purchase.

Example:

Item	Need	Less what you have on hand	Purchase this amount	Comments
Fruits: Vitamin C and Other				
Vitamin C	14 cups			Put 6 cups in the space for "other fruits" on the food list
Other Fruits	14 cups	8 cups	6 cups	

Item	Need	Less what you have on hand	Purchase this amount	Comments
Fruits: Vitamin C and Other				
Vitamin C				Buying Guide will help with amounts.
Other Fruits				
Vegetables: Variety is key				
Dark green				Buying Guide will help with amounts
Orange				
Starchy				
Legume				
Other vegetables				
Grains: Half should be whole-grain				
Whole				
Enriched				
Meat/beans: Choose lean meats and poultry. Eat fish every week. Eggs and legumes are thrifty				
Meat				Buying Guide will help with amounts
Poultry				
Fish				
Eggs				
Legumes				Legumes in 2 groups
Nuts/Seeds				
Dairy: Choose low-fat versions				
Milk				16 cups = 1 gallon
Yogurt/Cheese				See Cards for cup equivalent
Oils: Olive Oil, canola oil and other vegetable oils are good choices				
Oils				



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