

# 5

## BENEFITS

### OF MAKING A GROCERY SHOPPING LIST



#### SAVES TIME

A grocery list saves you from wandering up and down the aisles wondering what you will eat for the next few days.

#### SAVES MONEY

Grocery lists give you guidelines for what to buy based on the meals you plan to eat that week, eliminating your spend on unnecessary food items.



#### HEALTH BENEFITS

Most unhealthy decisions are made impulsively. Therefore, a shopping list keeps you from making last-minute unhealthy food choices.



#### MEAL PLANNING

Prior to going to the grocery store, you can review all of your meals and add ingredients to your shopping list based on what you plan to cook for the week.



#### MINIMIZE WASTE

A grocery list ensures you only buy what you intended to, therefore saving you from buying too much food that will end up going bad and being thrown out.

