



# SMART SHOPPER

## ASSESSMENT

	<b>1=Always, 3=Sometimes, 5= Never</b>
	Have a specific grocery amount to spend
	Shop at Aldis or other discount stores
	Use whats on hand in the pantry and fridge to meal plan
	Make a meal plan before you shop- planning the meals
	Meal prep ahead- making of the meals
	Use a list and stick to it
	Shop 2 x or less per week
	Curbside or Online Order
	Shop when not hungry
	Meatless Meals
	Price meat per pound in advance to find deals
	Eat Left overs
	Buy Generic
	Use all that you buy
	Total
	If the total is less than 31 you are a Solid shopper
	If the total is 32-45 you can defiantly improve
	46+ you are setting you money on fire at the grocery store