



Building a Shopping List – The Basics

Q: What are the benefits of creating a shopping list?

There are a couple of benefits worth considering. *If saving money is important to you*, then creating a shopping list will likely help you stick to your budget and buy only what is needed for the meals and snacks you've planned. *If saving time and energy is important to you*, then using a shopping list can streamline a trip to the grocery store and prevent those pesky 'forgotten items.'

Q: Why do you show two options for shopping lists?

Different people think in different ways. For some people, pre-existing categories make it easier to think about what they need to buy, whereas others might wish to make up their own categories and organize things in their own way. Ultimately, there is no right way to make a shopping list.

Q: How do I use the shopping lists on the other side?

Use them in whatever way best suits you and your needs. Some ideas:

- Place the list on your refrigerator door and fill it in as the week unfolds. Then, simply grab it and go as you head out the door to do your shopping.
- Build a shopping list by meal or recipe.
- List the categories in an order that matches the layout of the store you shop at, *or* the order that you prefer to shop.
- Add additional categories based upon you and your family's needs (i.e. baby, baking, beverages, canned goods, condiments, snacks...)
- Use the blank shopping list to capture everything you need to buy, then transfer items over and organize in the categorized list.

Q: Do I have to use or make a shopping list?

Of course not. This is simply a tool that some people find useful when it comes to eating *Healthy and Delicious on a Budget*.TM

Stocking the Pantry*

When cooking or preparing food at home it is wise to keep certain key items on hand. Below is an example of what a well-stocked natural foods pantry might look like:

Healthy Cooking Fats**	Butter Coconut oil	Extra virgin olive oil Ghee (clarified butter)
Condiments**	Apple cider vinegar Balsamic vinegar Dijon mustard Hot sauce Ketchup (organic & GF) Lemon and/or lime juice	Mayonnaise (made w/organic healthy fats like olive oil) Rice wine vinegar Tamari (wheat free soy-sauce) Worcestershire sauce
Natural Sweeteners**	Maple syrup Molasses Raw honey (local)	Stevia Sucanat
Herbs & Spices**	Basil Bay leaves Cayenne pepper Chili powder Cinnamon Coriander Cumin (ground) Curry powder Dill Garlic (fresh) and powder Ginger (ground) Herbamare TM	Herbes de Provence Nutmeg Onions (fresh) Oregano Parsley Pepper (black) Red chili flakes Rosemary Sea salt (Celtic, Real Salt, etc.) Tarragon Thyme
Baking**	All-purpose flour (GF blend if sensitive to gluten) Arrowroot powder Baking powder	Baking soda Cocoa powder Cornstarch Vanilla extract
Other**	Broth (Veg, Chicken, Beef) Brown rice Canned beans/legumes (and/or dried beans) Quinoa Nut butters Nuts and Seeds	Olives Other whole grains Raisins (and/or other dried fruit like currants, cherries) Tomato sauce and paste Tomatoes (canned diced, whole)

* Recipe and/or meal prices provided in conjunction with the NGVC *Healthy and Delicious on a Budget*TM educational program do not include pricing for pantry items, unless the pantry item is a main ingredient in the recipe and/or meal.

**To increase the flavor, nutrient content, and benefits of items in your pantry it is recommended that you choose organic products and ingredients whenever possible.