

Grocery list

SHOPPING
DAY:

FRIDGE

PANTRY

OTHER

FRUIT

VEGGIES

BREAKFAST

Pantry labels

RESERVED FOR

Mom

RESERVED FOR

Dad

Treat Time
Snacks
(ASK FIRST)

RESERVED FOR

Help
Yourself!

After-School
Snacks

PAIR WITH A FRUIT OR VEGGIE

Dessert

lunch

School
Snacks

RESERVED FOR
Dessert

Pool
Snacks

lunch
ADD ONE TO YOUR LUNCHBOX

One Per
Day

Afternoon
Snacks
PAIR WITH A FRUIT OR VEGGIE