



TEAM NUTRITION IOWA  
**Healthy Habits  
Start Early**  
f IowaCACFP #IowaCACFP

# Grocery List

Fill out the weekly menu and create a grocery list. Do an inventory of items on hand prior to shopping.

Monday	Tuesday	Wednesday	Thursday	Friday

Fruits	Vegetables
Grains/Breads	Meat/Meat Alternates
Canned Goods	Milk
Frozen	Other