aramark

- Introduction
  - Plan Ahead
  - Smart Recipes
  - Boost Your Savings
  - In Store Tips
- Meal Planning Activity
- Goal Setting

aramark

- Create a weekly meal plan and grocery list.
- Describe how to plan ahead and what to do while at the grocery store.

aramark

Healthy eating does not

aramark

- Know what ingredients you already have
- Find recipes
- Create a detailed grocery list
  - Include amounts
  - Group similar items together
- Save receipts
- Use coupons and look for sales

aramark

‡ Sign up for rewards

‡ Explore apps:

- s] Œ š µ o o Ç ^ o] ‰ _ } µ ‰ } v •
- Take photos of coupons
- Track price changes and coupon expiration dates
- Share coupons
- Compare pricing
- Find nearest grocery store
- Create a grocery list
- Scan receipts

aramark

- Compare prices
- Use coupons
- Buy in bulk
- Buy seasonal fruits and veggies
  - Fresh produce is good for about a week
  - Canned or frozen:
    - can be just as healthy and might cost less
- Pay attention at checkout

aramark

^ D Z d

I will plan my meals and shop smart.

I will choose recipes and create a grocery list before going shopping.

aramark