

## GROCERY LIST MAKING

Food doesn't get into the pantry by itself. Someone has to buy it, and someone has to plan, so they don't buy the wrong stuff. There's nothing worse than trying to cook hamburgers, only to discover that you forgot to buy the buns...and the lettuce...and tomatoes...and the hamburger patties. I speak from experience.

I only ate ketchup that night. Don't make my mistake.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Shadow a parent for a week to see how they make a list and learn their method.

The second week, you're going to write the list yourself and compare it to theirs to see how close you can get.

On the third week you're going to make the list. To see how well you did, ask your parents if they can shop based on the list that you made. When you've created a usable list for your family's grocery needs, you've just earned another nugget.

Good luck, and no adding extra chocolate chip cookies!

There are many ways to make a list.

Perhaps your parents go through the cupboards and look for what's missing or nearly gone.

Or maybe they have the menu for the week planned out and buy the ingredients they need for those meals.

There are almost certainly some items that are always needed, called staple items. These may include milk, eggs and bread, so that should probably be the start of your list, and you can use that as a foundation for your list every week as it probably won't change.

