

How to Build a Grocery List

Grocery shopping doesn't need to (and shouldn't) cause stress. If you plan your meals each week before you head to the store, you can set yourself up for in-store success.

Check out these tips below to help make grocery shopping easier for you!

KEEP AN ONGOING LIST

This is an effective way to ensure that you remember to pick up the staples or common kitchen items you may need. If you realize your supply of anything is running low, add it to the list.

HAVE A LIST OF "STAPLES"

Many of us create similar meals each week. This means we all have "staples" we keep in our houses, which may include butter, olive oil, rice, certain vegetables, cheeses, beans, canned foods, etc. If you have staples, be sure to include in your running list, so you can ensure you're always stocked on your staples.

ORGANIZE YOUR LIST

This is the best way to ensure you're efficient in the grocery store. Organize your list by produce, refrigerated, frozen, grains, snacks, etc., in the order your grocery store flows. Also, make sure to check off as you go when you are at the store to make sure you get everything on your list!

MAKE A MENU FOR THE WEEK

If you like to plan out your meals then create your menu before your grocery list.

Choose 3-4 recipes you want to make each week and add the ingredients right onto your grocery list.

