

It's Plan, Shop and Save Together at Home Week!

There are many fun ways families can save time and money and create healthy meals together!

Here are a few:

1. Plan a weekly menu. Involve the entire family.
2. Create a shopping list and review it for any ingredients you already have!
3. At the store, check for sales, compare unit prices and read Nutrition Facts labels.
4. Visit FoodHero Monthly online: <https://foodhero.org/monthly>.



Food Hero educators across Oregon are creating shopping lists and a weekly menu this week!

Hello Friends! My family is going to work on a weekly menu for next week! One of our favorite meals we plan for is when we eat breakfast foods for dinner. You can find the grocery list in the photo above on the homepage of www.foodhero.org and you can practice your typing and type into it! If you need a copy of it let your teacher know and we will get you one.

The image shows a digital form titled 'Grocery List' with the URL 'www.foodhero.org' on the left side. The form is organized into several categories, each with a list of items and a corresponding radio button for selection:

- Vegetables and Fruits:** Includes a small image of a bell pepper and a list of 10 items.
- Milk, Yogurt and Cheese:** Includes a list of 10 items.
- Beans and Canned Food:** Includes a list of 10 items.
- Breads, Rice and Pasta:** Includes a small image of a head of broccoli and a list of 10 items.
- Meat, Poultry, Seafood, Eggs:** Includes a list of 10 items.
- Other:** Includes a list of 10 items.
- Frozen Food:** Includes a list of 10 items.

Below the grocery list is a 'Weekly Meal Planner' section with a grid for the days of the week (Monday through Sunday) and a small 'OSU' logo in the bottom right corner.

What is your favorite family dinner to plan for?

Visit FoodHero.org to find low-cost, healthy, tasty and simple recipes!

This material was funded by USDA. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.