

How to Make a Grocery List

To make a grocery list you will need your recipe, a sheet of paper, and pen or pencil. Read through the recipe and write down all the ingredients you will need to prepare the recipe. In addition, write the size or amount you will need by each item. (For example, All-purpose Flour, 3 cups) Go back over your list and cross out any foods you already have at home and plan to use.

Before going to the store check the storage space available for what you will buy and bring home. Is there room in the refrigerator, freezer and/or dry storage? Is it clean and ready for more food?

It is also a good time to check equipment needed to make the recipe. Do you have the needed pans, thermometers, small appliances (blender, food processor, etc.) and hand tools? Are they available for you to use? Will you need supervision or instruction?

