



# HEALTH AND WELLBEING CHECKLIST

Date

21

## Healthy Food Shopping

Smart Food shopping ensures you stock up on nutritious ingredients while staying within budget. Use this checklist for healthier and more efficient shopping trips.

### Plan Your Meals

- Create a weekly meal plan to guide your shopping list.
- Example: Include breakfast, lunch, dinner, and snacks.



### Write a Detailed List

- Categorise items by sections like produce, dairy, pantry, and frozen.
- Tip: Stick to the list to avoid impulse buys.



### Shop the Perimeter

- Focus on fresh, whole foods found around the shop's edges.
- Example: Vegetables, fruits, meats, and dairy.



### Check Nutrition Labels

- Look for minimal ingredients and low added sugar or sodium.
- Example: Choose whole-grain bread with no more than 5 ingredients.



### Buy Seasonal Produce

- Select fruits and vegetables that are in season for better flavour and price.
- Example: Watermelon in summer or squash in fall.



### Opt for Lean Proteins

- Include fish, chicken, turkey, or plant-based protein like beans and tofu.





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### Choose Whole Grains

- Replace refined grains with whole-grain options.
- Example: Brown rice, quinoa, or whole-grain pasta.



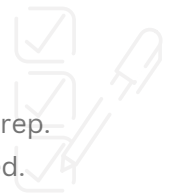
### Limit Processed Foods

- Avoid highly processed snacks and meals.
- Tip: Choose nuts, seeds, or plain popcorn for healthier snacks.



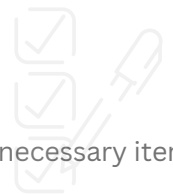
### Stock Up on Common Items

- Keep basics like olive oil, spices, canned beans, and oats in your cart to simplify meal prep.
- Tip: Rotate your pantry staples by checking expiration dates and replenishing as needed.



### Avoid Shopping Hungry

- Eat a meal or snack before shopping to reduce impulse purchases and stay focused.
- Tip: Plan your shopping trip after meals to ensure you're less likely to overspend on unnecessary items.



### Use Reusable Bags

- Bring eco-friendly bags for a sustainable shopping experience and to reduce plastic waste.
- Tip: Keep reusable bags in your car or near your door to remember them for every trip.



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## Healthy Food Shopping



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