

Eat
Well



**PLAN MEALS AHEAD AND USE A LIST
TO MAKE THE MOST OF
YOUR GROCERY SHOPPING**

This can help you make healthier choices for your family, and shop faster.
Make a plan, write a list, and most importantly – stick to it!

**SHOP
SMART
SAVE
TIME
EAT WELL!**



Health
Canada

Santé
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Canada

MORE GREAT TIPS ON HEALTHY EATING AT:
HealthyCanadians.gc.ca/EatWell