SAVVY SHOPPER'S LIST

Use this handy categorized shopping list to help you keep track of what you need.

produce

SEASON'S PICK: Sweet potatoes are a favourite fall vegetable. Mash, roast and fry them as you would regular potatoes.

pantry

dairy

meat & poultry

TIP: Buy meat and poultry in economical family packs. Rewrap and freeze in portions appropriate for your family.

freezer

TIP: Add frozen foods and perishables to your cart last and unpack these items first when you get home.

seafood

other

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