



My Conscious Shopping List

OBJECTIVE

Develop **food planning** skills, promoting **balanced, sustainable and culturally inclusive** choices, based on a list of everyday purchases.

YOUR MISSION

Create a balanced and sustainable **shopping list** for your week, taking into account the criteria below.

Step 1 – Build your shopping list

On your list, try to ensure that:

- Includes **seasonal fruit and vegetables**
- Uses **frozen and canned smartly**
(e.g. plain frozen vegetables, canned pulses)
- you avoid products with **unnecessary packaging**
- You check for **cultural or religious symbols**, such as:
 - ☐ Halal ☐ Kosher ☐ Vegetarian ☐ Other _____

MY SHOPPING LIST

Food group	Selected products
Fruit	
Vegetables	
Cereals	
Legumes	
Proteins (fish, meat, eggs, alternatives)	
Other	



Step 2 – Check your choices

Tick off what you have accomplished:

- ☐ Seasonal fruit and vegetables
- ☐ Conscious use of frozen/canned goods
- ☐ Packaging reduction
- ☐ Attention to cultural and food diversity

Step 3 – Share and discuss

Share your list with the class and discuss:

- How do these choices help **protect the planet**?
- How does your list reflect the **diversity of food**?

DISCUSSION NOTES:

FINAL REFLECTION

Answer individually:

1. Which of these choices was **easier** to make?

2. Which was **more difficult to change** and why?

FOODWISELAB TIP

A well-thought-out shopping list helps you **reduce waste**, save time and money, and respect different **food cultures**.