

Objective # 2:

I write out my grocery list for the week:

Date:

I go to [www.smoothtransitions4teens.com](http://www.smoothtransitions4teens.com) (ST4T) video channel:

Food and Nutrition/Health and Wellbeing.

**FRESH  
FRUITS**

**MEAT/POULTRY  
FISH / BEANS**

**DAIRY  
PRODUCTS**

**CANNED GOODS**

**SNACKS/BEVERAGES**

**FROZEN FOOD**

**PAPER PRODUCTS/  
CLEANING SUPPLIES**

**HYGIENE  
PRODUCTS**

**OTHER**