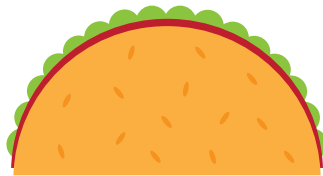
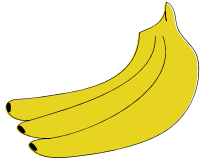


The #Brightsaver Grocery Challenge

MEDIUMSIZEDFAMILY.COM



For this challenge, you'll be racking up the points.

Each week, tally how many points you earned according to this list.

The more points you earn, the more moolah you save!

10 Points

- Meal plan dinners, lunches, breakfast, & snacks for the week
- Avoid the store (Use what you have)



5 Points

- Meal plan dinners for a week
- Write a grocery list
- Clean out fridge
- Make a more complex recipe from scratch
- No food waste day (per day)

2 Points

- Use leftovers (per time)
- Make a simple recipe from scratch
- Take along a cooler of drinks
- Pack a bag of snacks
- Brown bag your lunch (per day)

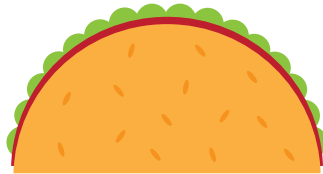
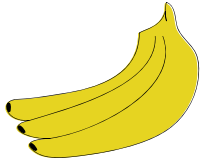
1 Points

- Use a money saving app (per time)

Goal: _____ points by ____/____/____

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The more points you earn, the more moolah you save!

10 Points

5 Points

2 Points

1 Points

Week of: ____/____/____