



Find food waste reduction tips at [scdes.gov/dwfsc](http://scdes.gov/dwfsc).

**MEAL PLAN FOR THE WEEK OF \_\_\_\_\_**

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

**Shopping List**

Dairy \_\_\_\_\_

Grocery \_\_\_\_\_

Pet Needs \_\_\_\_\_

Cleaning Supplies \_\_\_\_\_

Paper Products \_\_\_\_\_

Frozen \_\_\_\_\_

Deli \_\_\_\_\_



SC DEPARTMENT of  
**ENVIRONMENTAL  
SERVICES**

Office of Solid Waste Reduction & Recycling

**1-800-768-7348**