Evaluate Your Purchases

Your Day 2 challenge is to review two of your recent grocery receipts and starting at the top, evaluate each item and ask yourself three questions:

- » Is this the quality I want and can afford?
- » Is this a want or a need?
- » Is this a convenience food, or an ingredient?

Use the chart to get a visual understanding of your purchases.

Item Purchased	Quality Desired?	Need or Want?	Convenience Ingredient?
i.e. whole chicken	yes - organic	need	ingredient