## 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 <br> Ingredient? |
| :--- | :--- | :--- | :--- |
| i.e. whole chicken | yes - organic | need | ingredient |
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