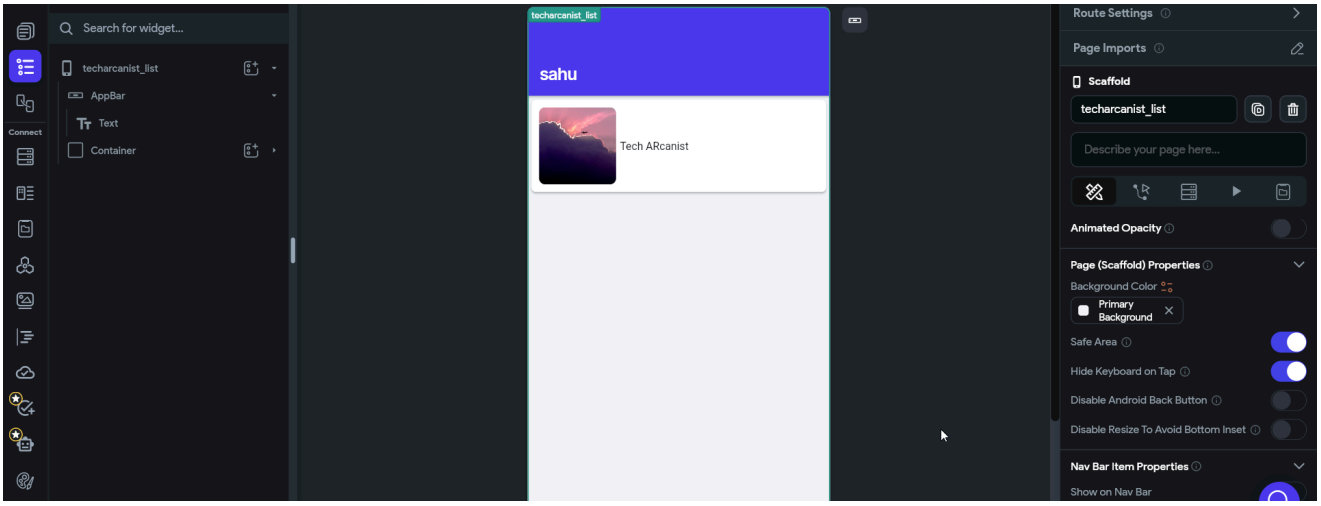
# Using ListView in FlutterFlow

Now we will learn how to display a **container in a list format**.

---

## Step 1: Container Created

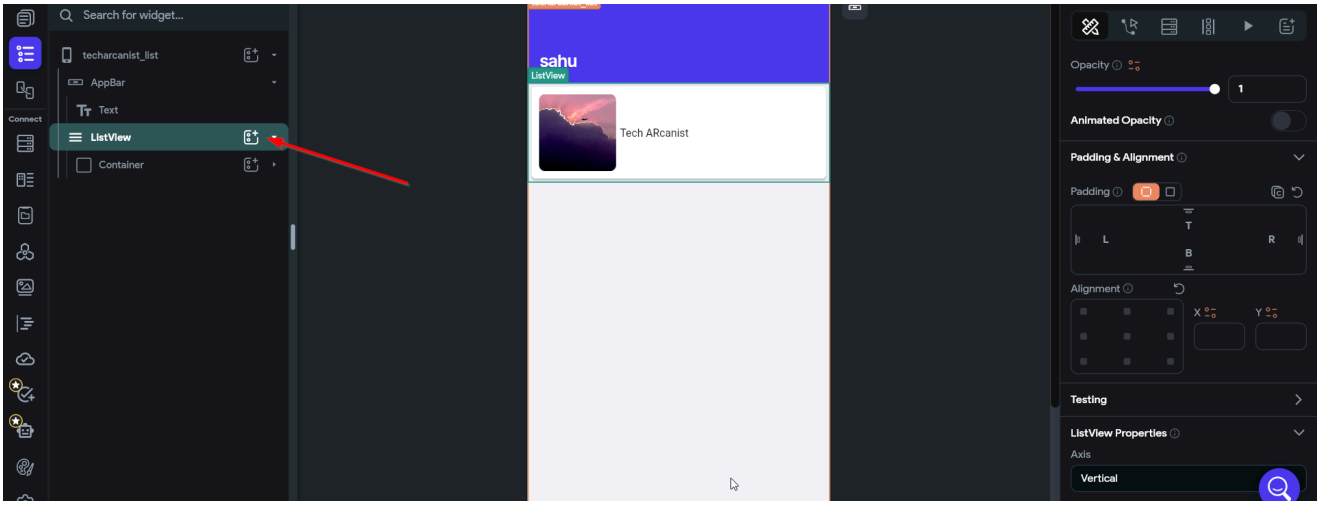



Here we have a **Container** widget.
If we want to show multiple such containers:

- One way is using a **Column**
- A better and more efficient way is using a **ListView**

---

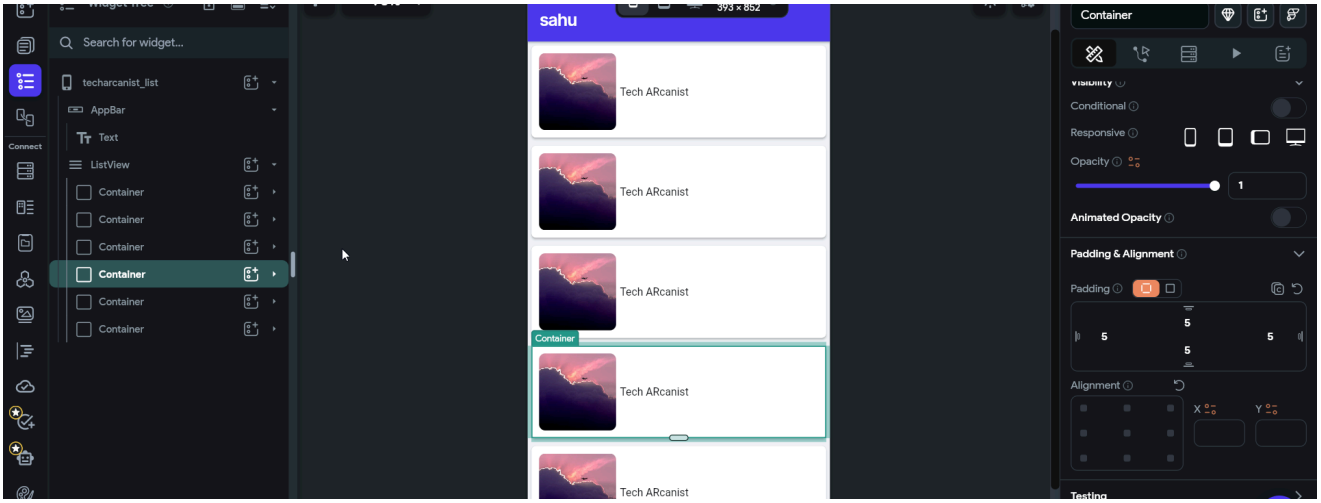
## Step 2: Wrap Container with ListView




Right-click on the **Container** and select **Wrap Widget**, then choose **ListView**.

---

## Step 3: ListView Added




The container is now placed inside a **ListView**, making it appear in a list format.

This approach is better because:

- It supports scrolling automatically
- It is more efficient for long lists
- It is commonly used for feeds, lists, and cards

---