



# Make Healthy Happen One Meal at a Time

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## GROCERY SHOPPING ON A BUDGET

1. Plan menus, make a list, and try to adhere to what is on your list.
2. Search for, organize, and use coupons.
3. Compare different brand names of items. Store brands may be less expensive than some of the other brand foods. Compare the items to find better prices.
4. Buy items on sale. Buy extra sale items if they are non- perishable and if you have storage place.
5. Compare unit prices to get the best buy.
6. Read food labels. Get more nutrients for your money.
7. Do not shop when you are hungry.
8. Shop seasonally and locally.
9. Keep foods safe and prevent food waste.
10. Be creative. Try new foods. Cut down on processed foods. Start cooking and baking more.
11. Shop with a calculator. Add things up as you put them in your cart.
12. Frozen vegetables and fruits are a great way to get out of the season produce at a lower price. Read labels and avoid those with added sugar, salt or fat.
13. Buy Family Size Packages. Small packages can be more expensive. Check unit pricing. Repackage at home into smaller packages.
14. Avoid buying junk food and sweetened cereals. You are paying more for the sugar. Fruits are a healthier choice and are "Nature's" dessert.
15. Do not waste foods. Use leftovers in casseroles, enchiladas, tortillas etc. Try a leftover buffet meal weekly.
16. Cut your vegetables at home. Pre-cut produce costs more than whole vegetables.
17. Choose dark leafy greens such as Kale, Swiss Chard, Collard Greens, and Spinach which have many valuable nutrients.