



# 精明的購物者



精明的購物者既省錢又省時，並能充份使用WIC食品支票。



## 網站和 手機應用程式

- 瀏覽廠商的網站以得到免費試用品或優惠券
- 使用手機免費應用程式，如：
  - 商店優惠券應用程式
  - 購物表應用程式
  - 膳食計劃應用程式
  - 健康烹飪應用程式
  - 附有營養和價格資訊的條碼掃描器
- 瀏覽其他網站例如 [choosemyplate.gov](http://choosemyplate.gov) 或其他明智購物網站和部落格

## 購物前，請

- 查閱商店廣告、網站和優惠券找出減價貨物。
- 按照食品價格，設定一週膳食計劃。
- 列出一個購物表。

## 在店裡，要

- 使用您的購物表。
- 多利用特價優惠。您可將WIC食品支票用在「買一送一」的優惠上。
- 避免高度加工的食物，這些食物往往既昂貴又營養少。相反地，多選水果、蔬菜、低脂牛奶、全穀類和低脂肪蛋白質，如雞蛋或豆類。
- 熟悉您常買的食物的一般價格。
- 當店員掃描食品的時候，留意看以確實您要付的數額符合貨架上列出的價錢。



# Savvy Shopper



Savvy shoppers save time & money, and make the most of WIC checks.



## WEBSITES and APPS



- Visit *manufacturer websites* to get free samples or coupons
- Use *free phone apps* like:
  - Coupon apps for your store
  - Shopping list apps
  - Meal planning apps
  - Healthy cooking apps
  - Barcode scanners with nutrition and price information
- Visit *other websites* like [choosemyplate.gov](http://choosemyplate.gov) or other smart shopping websites and blogs



## Before you **SHOP**

- Check store ads, websites, and coupons for sales.
- Create a weekly meal plan based on food prices.
- Make a shopping list.

## At the **STORE**

- Use your shopping list.
- Use special offers. You can use your WIC checks for “Buy One, Get One Free” offers.
- Avoid highly processed foods which are often more expensive and less nutritious. Instead choose fruits, vegetables, low-fat milk, whole grains, and lean protein like eggs or beans.
- Learn typical prices for foods you normally buy.
- Pay attention as foods are scanned to make sure you are charged the correct shelf price.