

## YOU CAN EAT HEALTHY AND SAVE MONEY: TIPS FOR FOOD SHOPPING



You don't have to spend lots of money to get the foods you need to keep healthy.

### Shop around the outside aisles of stores. Get fresh, less processed foods.

- Buy fresh fruits and vegetables in season.
- Choose whole chicken or a bulk size bag of chicken pieces.

### Buy things in bulk, like rice, beans, oatmeal, or pasta.

- Buy plain food items. For example, get a bag of rice — not boxed rice mixes with spices. Or buy fresh potatoes, not instant potatoes or other mixes.
- Choose less processed foods. Buy cheese in blocks, not sliced.

### Look in the frozen food section.

- Choose frozen vegetables without sauces or spices.
- Frozen juice is cheaper than other juice.

### Buy store brands and specials.

- Look for "2 for 1" specials.
- Buy the weekly specials the store offers for foods you often eat.

### Plan your menu for the week.

- Plan menus around foods that are in season.
- Make extra, and freeze to use later.
- Plan for leftovers. For example, serve grilled chicken one night and chicken soup the next.

### Don't buy on impulse.

- Make a shopping list ahead of time.
- Shop when you are not hungry.
- Shop without your children when you can. Candies and toys are often put at children's eye level. That can get expensive.
- Only use coupons to buy foods you normally eat.

### Compare prices. Prices may be cheaper at:

- Large supermarket stores
- Discount warehouses
- Farmer's markets
- Food co-ops
- Food buying clubs

