

My Goal

PSSC Lesson 3

Choose one goal to work on before next class.

- I will check the unit price on 3 commonly purchased foods the next time I grocery shop, and will choose the lowest cost options.
- I will use at least 1 coupon the next time I grocery shop.
- I will try a less expensive store brand item for an item I commonly purchase.
- I will buy a bulk item, and portion into baggies myself instead of buying individually packaged foods.



This material was produced by the University of California UC CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

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