

Good foods can be healthy, tasty, and less expensive than “other” foods!

Savings: The Other Cart vs. The Smart Cart

The Other Cart

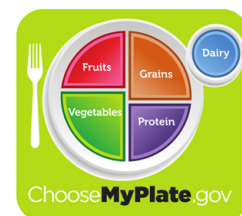
↑ fat, ↑ added sugar, ↑ sodium
↓ fruit, ↓ vegetables, ↓ dairy

Item	Retail Price	Unit price
Bananas, 4 (26 oz)	\$1.96	\$0.08
Fruit drink, pouch, 10-pack (6 oz/ea, 60 oz/box)	\$5.79	\$0.10
Carrots, whole (16 oz)	\$1.09	\$0.07
French Fries, frozen (32 oz bag)	\$5.59	\$0.17
Hamburger Helper (5.5 oz)	\$3.19	\$0.58
Cookies, chocolate chip (12 oz bag)	\$5.09	\$0.42
Bread, white (24 oz)	\$3.19	\$0.13
Oatmeal, instant, 10-pack (1.5 oz/ea, 15 oz/box)	\$6.49	\$0.43
Rice, white (5 lb)	\$5.95	\$1.19
Popcorn, microwave, 3-pack (9.6 oz/box)	\$4.79	\$0.50
Eggs, 1 dozen large, national brand	\$4.29	\$0.36
Chicken nuggets, frozen (26.5 oz)	\$10.69	\$0.40
Hot dogs (15 oz)	\$6.49	\$0.43
Beef, ground, 20% fat (1.5 lb)	\$5.24	\$3.49
Pizza, cheese, frozen (9.8 oz)	\$3.09	\$0.32
Ice Cream (1.5 quart, 48 oz)	\$8.99	\$0.19
Soda (2 liters, 67.6 oz)	\$2.89	\$0.04
Total Cost of The Other Cart	\$84.81	

The Smart Cart

↑ fiber, ↑ vitamins, ↑ minerals
↓ fat, ↓ added sugar

Item	Price	Unit price
Bananas, 4 (26 oz)	\$1.96	\$0.08
Oranges, 4 (33 oz)	\$4.14	\$0.13
Carrots, whole (16 oz)	\$1.09	\$0.07
Green beans, frozen (16 oz)	\$2.49	\$0.16
Pasta sauce, tomato-based (24 oz can)	\$2.69	\$0.11
Noodles, whole wheat (16 oz package)	\$2.69	\$0.17
Bread, whole wheat (24 oz)	\$2.39	\$0.10
Oatmeal, traditional (42 oz carton)	\$5.49	\$0.13
Rice, brown (5 lb)	\$5.95	\$1.19
Popcorn kernels (64 oz bag)	\$6.19	\$0.10
Eggs, 18 large, store brand	\$4.99	\$0.28
Chicken, whole, frozen (71.2 oz)	\$8.86	\$0.12
Pinto beans, dried (16 oz)	\$1.99	\$0.12
Tuna, white, canned in water (5 oz)	\$1.79	\$0.36
Peanut butter, creamy (16 oz)	\$2.99	\$0.17
Milk, reduced fat (33 oz)	\$2.29	\$0.07
Yogurt, nonfat, fruit (6 oz)	\$0.99	\$0.17
Total Cost of The Smart Cart	\$58.98	



MyPlate
Food Groups



\$ 84.81 - \$ 58.98 = \$ 25.83 savings