

Spending Less, Eating Better

A Shopper's Guide

4 PLAN MEALS AROUND SPECIALS

- If ground beef and chicken are on sale, how about chili and roast chicken for two dinners?

5 MAKE A SHOPPING LIST

Make your shopping list based on your:

- meal plan
- specials
- inventory
- food budget

6 USE COUPONS OR CLUB CARDS

- Use coupons for foods you need when the price is right.
- Take coupons or club cards when shopping.

10 EAT BEFORE YOU SHOP



Resist buying extras.



11 TRY STORE BRANDS

- Check the value.
- Often have lower prices.
- No national advertising.

12 BE AWARE OF MARKETING TECHNIQUES

- End of aisle displays.
- Items at checkout counter.
- Sweet cereals at children's eye-level.

16 BUY FRESH VEGETABLES AND FRUITS IN SEASON



Shop at a Farmer's Market


17 COMPARE PRICES

Compare prices of fresh, frozen and canned vegetables and fruits. The net weight includes liquid in a can.

18 BEST BUYS IN MILK

- Choose fat-free or low fat (1%) milk.
- Skim milk, skim dry milk, and evaporated skim milk are especially good in cooking.

22 USE UNIT PRICING

Unit Price \$.20 per oz.	Total Price \$2.40
	12 oz.
Snappy Rice Cereal	

23 KEEP REUSEABLE BAGS CLEAN



Regularly wash or wipe thoroughly with sanitizing wipes.

24 DATES

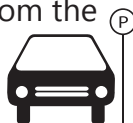
Check packaging for:

- Sell by (pull date)
- Use by
- Expiration date

so you know the time limit to buy or use product at its best.

28 PHYSICAL ACTIVITY

- Park further away from the store - get more physical activity!



29 START A HOME GARDEN

- Buy some seeds and grow your own vegetables











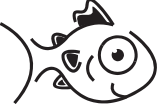



30 BEFORE COOKING

- Rinse lids of cans
- Wash fresh fruits and vegetables



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Plan quick-fix meals from foods cooked a day or two earlier!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		Fried Eggs & Rice 		Fruit Salad 			
LUNCH		Oriental Chicken Salad 		Fish Burger & Salad 	Vegetable Stir Fry 		Bean Soup 
DINNER	Rice, Baked Chicken & Veggies 	Skillet Lasagna 	Fruit Salad & Fish 	Rice, Pork Pot Roast & Green Beans 	Chop Suey 	Bean Soup 	

- Plan your meals around sales/specials, your inventory, and MyPlate.
- **Plan meals for at least one full day based on the shopping list.**

Day	Breakfast	Lunch	Dinner
_____day Grains/Starches Meat, beans, fish, poultry Vegetables Fruits Milk or Water			
_____day			
_____day			

- **Determine the cost of your food list and planned menu** for the day. It needs to be within your food allowance for that week.
- Make adjustments where needed.

How to Read Food Labels

Barbeque Sweet Potato Chips

Nutrition Facts

Serving Size 1 oz. (28g/About 14 chips)
 Servings Per Container about 5

Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 6g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 400mg	11%
Total Carbohydrate 15g	6%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 1g	
Vitamin A 150%	Vitamin C 4%
Calcium 4%	Iron 2%

START HERE →

→ **Check calories**

Limit foods with high salt and sodium. Daily Value 20% or more.

For these nutrients choose food with a Daily Value of 20% or more.

The serving size may be different from your portion size.

There may be more than one serving per container.

% Daily Value: is the amount of a nutrient in one serving compared to recommendations for a 2000 calorie diet. It helps identify if a food is high or low in a particular nutrient.

Compare the amounts of **fat** and **sodium** (salt) in different products. Choose those foods with a low % Daily Value (5% or less) for fat and sodium.

Label Reading Activity (use the label above or from other labels)

If I ate the whole box/bag, how many servings would I have eaten? _____

If I ate 2 servings, how many calories would I have eaten? _____

Using the % Daily Value information from the label:

Is the food low in fat? _____

Is the food low in sodium (salt)? _____

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1 WEEKLY SHOPPING PLAN

- Divide grocery money into weekly amounts.
- Take only the amount of food money you plan to spend.

2 CHECK YOUR INVENTORY

- Check your refrigerator, freezer and cupboards for foods and supplies you have before you go shopping.

3 CHECK NEWSPAPER ADS

- Watch for sale items.
- Buy extra staple goods when the price is low and if your stock is low.

7 KNOW YOUR PRICES

- Choose one or two stores with the best prices.
- Check open markets and wholesale outlets.
- Buy bread at thrift stores.

8 KNOW STORE LAYOUT

- Basic foods are around the outside of the store.
- Buy frozen foods last.



9 HINTS ABOUT KIDS

- Shop when rested.
- Shop when less crowded.
- Allow children to add one item to your shopping list.

13 CHOOSE WHOLE GRAINS

- Brown rice contains more nutrients and fiber.
- Try whole grain cereal, pasta or bread.

14 VARY YOUR PROTEIN

- Meats can be expensive and high in fat.
- Try beans, lentils or tofu more often for family meals.

15 BE MEAT SMART

- Use cheaper cuts of meat in stews, soups and stir fries.
- Remember to choose less fatty meats.

19 LIMIT CONVENIENCE FOODS

- Prices are higher
- Prepared/ready-to-eat meals have added sugar, salt and fat.

20 READ THE LABELS

Look for:

Nutrition Facts
Serving Size
Servings Per Container
Amount Per Serving

21 SEE THE LIST OF INGREDIENTS

- Ingredients are listed in order, from the most to the least amount found in the product.

25 DO NOT BUY OR USE

- Bulging or swollen cans
- Cans or jars which spurt when opened or have milky liquid
- Rusty or severely dented cans

26 BE SURE TO CHECK:

- Scanner for price errors
- Receipt for accuracy
- Your change before leaving the store

27 GETTING HOME

- Refrigerate perishable foods immediately.
- Put new canned foods at the back of shelves. Use older cans first.

