

Grocery Shopping Made Easy

Before:

- Create and use a grocery list
- Schedule to shop about once a week to save money
- Do NOT shop when hungry
- Read ads for store specials and bring coupons if applicable.



After:

- Keep raw meats separated from other food
 - Go directly home and store foods properly
 - Prepare necessary fruits and vegetables to ensure they will be eaten before spoiling
- Shop the perimeter for staples
 - Compare prices amongst brands and size of packages—"Unit Cost"
 - Buy in bulk when unit price is cheaper
 - Stock up on staples when they are on sale
 - Get refrigerated and frozen foods last
 - Prepare yourself for marketing ploys

Tips to Remember

Produce:

- Bulk is not always better. Get what you can eat.
- Pre-cut and bagged options offer great convenience
- Dollar splurges should happen here
- Store tomatoes and room temperature

Breads:

- Check labels for nutritional quality
- Look for the word WHOLE
- Aim for 3-6 g of fiber per serving

Middle Aisles

- Choose healthy oils (olive, canola, nuts)
- Nuts are great portable protein snacks
- Look for high fiber cereals, pasta, rice, etc.
- Choose fruit canned in water or juice

Frozen:

- Add fruit to breakfasts and smoothies
- Add vegetables to create balanced dinners
- Look for "healthconscious: dinner items"

Meats:

- Buy in bulk and freeze
- Leaner cuts are often cheaper
- Look for the words LOIN and ROUND

Cheese:

- White cheese tends to be lower in fat
- Cottage cheese is a great protein source
- Use string cheese for portable snacks
- Use unit pricing when needed

Milk and Eggs

- All types of milk have same nutrients, only difference is fat and calories
- Choose low-sugar options of yogurt
- Eggs are inexpensive protein (<3-4/wk)

