



Healthy Shopping On a Budget

Making nutritious choices does not have to hurt your wallet. Decide on a budget then use these tips below to outsmart the grocery stores and stretch your food dollars.

PLAN

- ✓ Plan meals and snacks for the week, taking a look at what's on your calendar first and what you already have on hand.
- ✓ Find quick and easy recipes online.
- ✓ Include meals that will "stretch" expensive food items (stews, casseroles, stir fry).

- ✓ Make a grocery list.
- ✓ Check for sales and coupons in the local paper or online and consider discount stores.



SHOP

- ✓ Buy groceries when you are not hungry and when you are not too rushed.
- ✓ Stick to the grocery list and stay out of the aisles that don't contain items on your list.
- ✓ Buy store brands if cheaper.
- ✓ Find and compare unit prices listed on shelves to get the best price. Look high and low on shelves to find the best buys. Items at eye level are often most expensive.
- ✓ Purchase only items in bulk if your family will consume it all.

- ✓ Choose fresh fruits and vegetables in season; look for buy one, get one free deals and freeze what you won't use in a few days.
- ✓ Beware the cost of convenience: pre-cut fruits and vegetables, individual cups of yogurt, instant hot cereal and individual cheese servings are convenient, but usually cost more than those that require a bit more prep time.
- ✓ Resist "check-out" temptations, strategically placed for last minute impulse buys.
- ✓ Use a store "loyalty card" for added discounts.

PREPARE



- ✓ Wash, cut and store vegetables in clear containers – ready for use.
- ✓ Vacuum seal portions of meat bought in bulk and not on the menu in the next 3 days.
- ✓ Some meal items can be prepared in advance; pre-cook on days when you have time.
- ✓ Double or triple up on recipes and freeze portions of soups and casseroles using a vacuum sealer.
- ✓ Incorporate leftovers into a subsequent meal.
- ✓ Be creative with a fruit or vegetable and use it in different ways during the week.