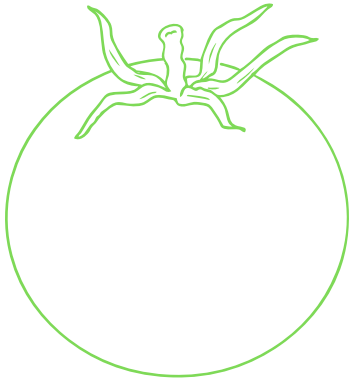


GROCERY SHOPPING TIPS

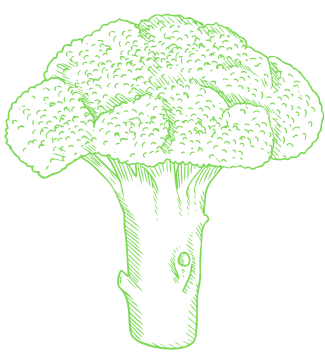


Buy produce in season

- Usually cheaper in season
- At their peak of ripeness and fullest flavor
- Whole foods are usually cheaper

Keep a running list

- Keep track of what you need
- Prevents you from forgetting items
- Get the items you know you need for recipes
- Less impulse buys

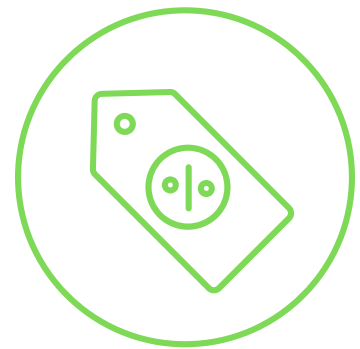


Frozen fruits and veggies

- But not as expensive as fresh
- Last longer
- Quick and easy to add to a meal
- Look for packages without sauces as those increase the salt and fat content of the food

Compare unit pricing

- Unit pricing can help you find the better buy
- Unit pricing is how much an item costs per ounce, per pound, etc
- Helpful to compare items when packages aren't the same size



Use coupons & store flyers

- Use coupons only for what you would normally buy
- Check flyers and websites for sales
- Join your stores rewards program for more savings

Nutritious does not have to mean expensive

- Here are some examples of items that are low cost AND healthy
- Protein- lentils, beans, canned fish, peas, eggs
- Grains- oats, brown rice, barley, pasta



References