



Grocery Store Tour Project Food Shopping Introduction

It is important to plan ahead before shopping for our food. The “Spending Less, Eating Better” handout offers shopping tips on how to plan ahead before going to the grocery store. The following are key tips from “Spending Less, Eating Better”:

- 1) Plan meals around advertised specials and sales
- 2) Make a shopping list before going to the grocery store
- 3) Compare prices of fresh, frozen, and canned vegetables and fruits
- 4) Buy fresh vegetables and fruits when they are in season
- 5) Check your inventory at home before going to the grocery store
- 6) Eat before you shop
- 7) Know your grocery store layout