

Spending Less, Eating Better

A Shopper's Guide

Check newspaper grocery store ads. Buy items on sale.




Fresh Lettuce
\$1.30 / lb.

Check what you have in your freezer, refrigerator and cupboards.



Eat before you shop.



Use store or brand coupons.



HAPPY-MART
10% OFF
Canned tuna in water.

Read the labels and ingredients.



INGREDIENTS: WHOLE GRAIN WHEAT, OATS, BRAN, CORN STARCH, CALCIUM CARBONATE, BROWN RICE SYRUP

Plan meals around specials and buy fruits and vegetables in season.




Make a shopping list.



Milk
Eggs
 Brown rice
Apples
Lettuce

Know your prices and store layout.



Use store or generic brand foods.



Be aware of marketing techniques.




Check your dates for freshness.



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Use unit pricing.

Unit Price \$.20 per oz.	Total Price \$2.40 12 oz.
 <p>Snappy Rice Cereal</p>	