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.



Read the labels and ingredients.

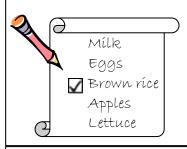


INGREDIENTS: WHOLE GRAIN WHEAT, OATS, BRAN, CORN STARCH, CALCIUM CARBONATE, BROWN RICE SYRUP

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



Make a shopping list.



Know your prices and store layout.



Use store or generic brand foods.



Be aware of marketing techniques.



Check your dates for freshness.



Use unit pricing.



Total Price \$2.40 12 oz.

This material was produced by University of Hawaii's Cooperative Extension Service's (UH-CES) Nutrition Education for Wellness Program (NEW) and its Supplemental Nutrition Assistance Program-Education (NEW-SNAP-Ed) with funds from United States Department of Agriculture's Supplemental Nutrition Assistance Program.



For NEW-SNAP-Ed nutrition education programs, contact the University of Hawaii Cooperative Extension Service at 1955 East-West Road, Agricultural Science Building 306, Honolulu, Hawaii 96822; (808) 956-4124