








Spending Less, Eating Better

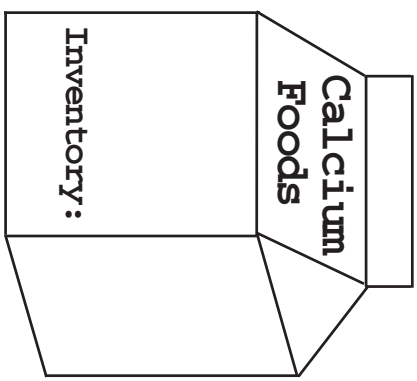
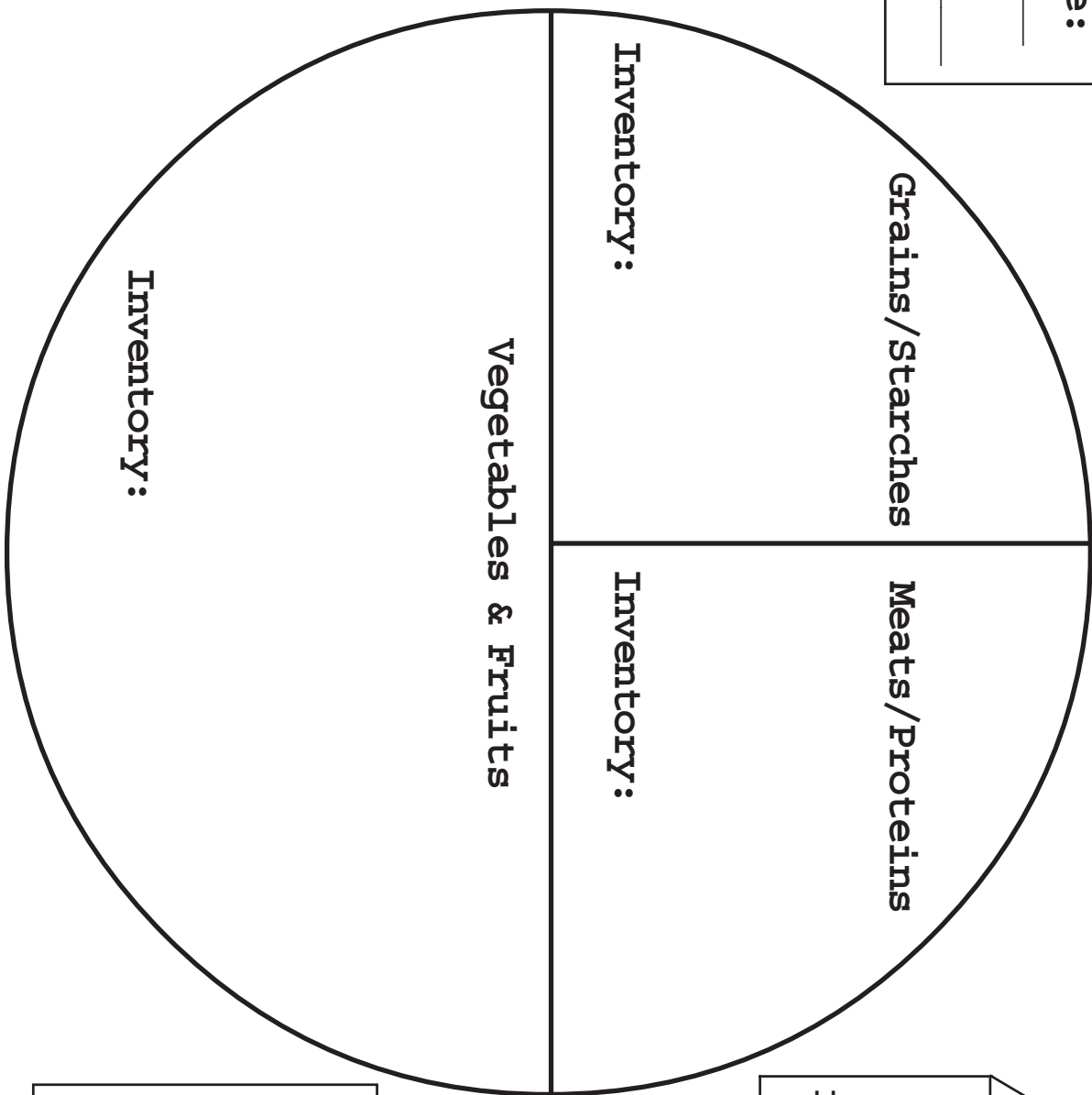
A Shopper's Guide

<p>4. PLAN MEALS AROUND SPECIALS</p> <ul style="list-style-type: none"> • If ground beef and chicken are on sale, how about chili and roast chicken for two dinners? 	<p>5. MAKE A SHOPPING LIST</p> <ul style="list-style-type: none"> • Make your shopping list based on your meal plan, inventory and specials. 	<p>6. KNOW YOUR PRICES</p> <ul style="list-style-type: none"> • Choose one or two stores with the best prices. • Check open markets and wholesale outlets. 						
<p>10. STOCK UP ON SALE ITEMS</p>  	<p>11. COMPARE PRICES</p> <ul style="list-style-type: none"> • Compare prices of fresh, frozen and canned vegetables and fruits. The net weight includes liquid in the can. 	<p>12. BE SURE TO CHECK:</p> <ul style="list-style-type: none"> • Scanner for price errors • Receipt for accuracy • Your change before leaving the store 						
<p>16. USE UNIT PRICING</p> <table border="1" data-bbox="121 1029 544 1228"> <tr> <td>Unit Price \$.20 per oz.</td> <td>Total Price \$2.40</td> </tr> <tr> <td></td> <td>12 oz.</td> </tr> <tr> <td colspan="2">Snappy Rice Cereal</td> </tr> </table>	Unit Price \$.20 per oz.	Total Price \$2.40		12 oz.	Snappy Rice Cereal		<p>17. TRY STORE BRANDS</p> <ul style="list-style-type: none"> • Check the value • Often have lower prices • No national advertising 	<p>18. PURCHASE BREADS AT THRIFT STORES</p> <ul style="list-style-type: none"> • Bargain prices • Select 100% whole grains
Unit Price \$.20 per oz.	Total Price \$2.40							
	12 oz.							
Snappy Rice Cereal								
<p>22. BUY FRESH VEGETABLES AND FRUITS WHEN IN SEASON</p> 	<p>23. KNOW CUTS OF MEAT</p> <ul style="list-style-type: none"> • Less expensive cuts of meat are great for stews, soups and stir fries, and are just as nutritious as more expensive cuts of meat. 	<p>24. TRY LEAN GROUND MEATS & POULTRY</p> <ul style="list-style-type: none"> • Have less fat than regular ground beef • It tastes good • Convenient 						
<p>28. START A HOME GARDEN</p> <ul style="list-style-type: none"> • Buy some seeds and grow your own vegetables. 								

Shopping List

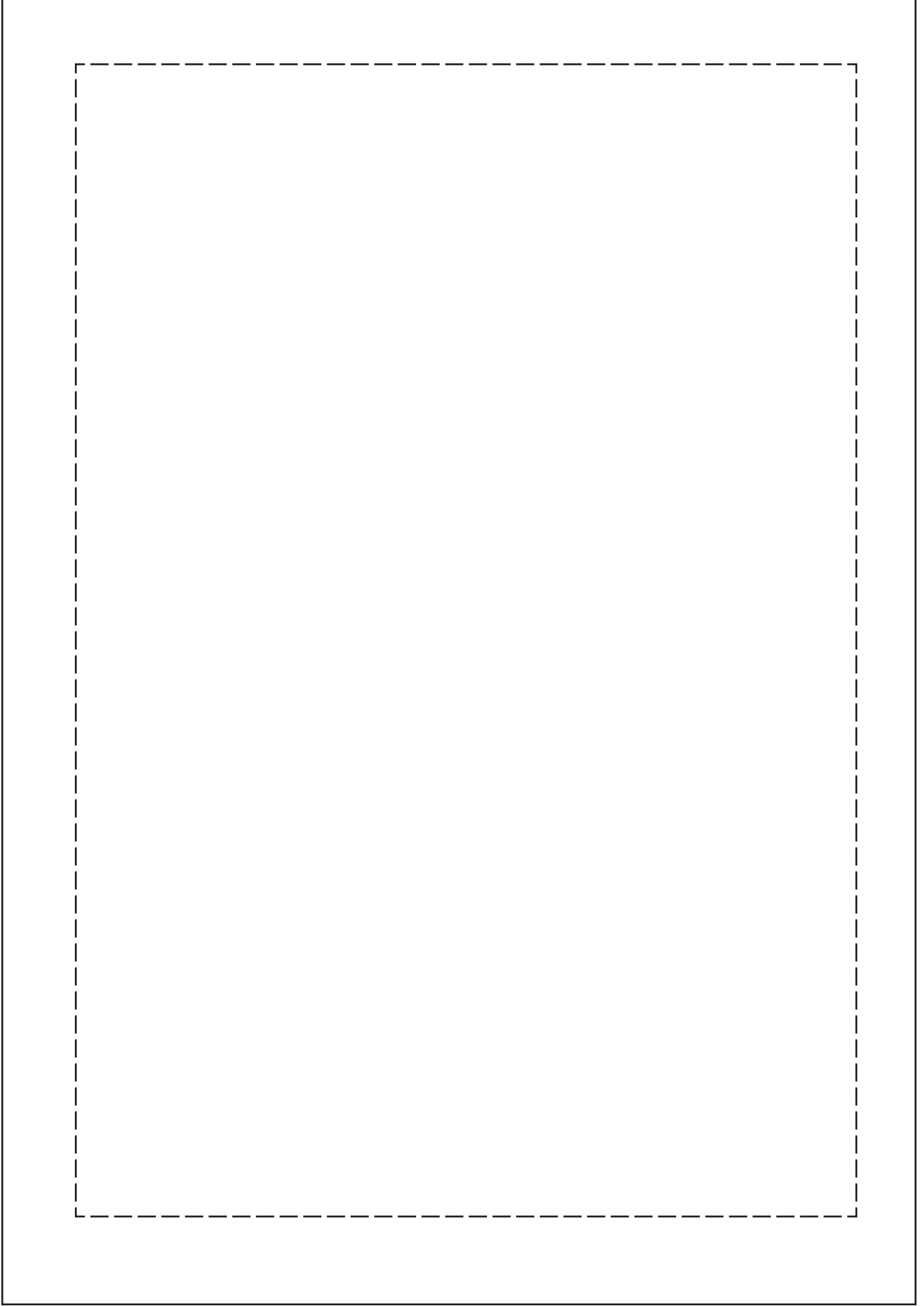
Grocery Store:

Date: _____





Suppliers:

Grocery Store Layout: _____



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<p>1. WEEKLY SHOPPING PLAN</p> <ul style="list-style-type: none"> • Divide grocery money into weekly amounts. • Take only the amount of food monies you plan to spend. 	<p>2. CHECK NEWSPAPER ADS</p> <ul style="list-style-type: none"> • Watch for sale items. • Buy extra staple goods when the price is low and if your stock is low. 	<p>3. CHECK YOUR INVENTORY</p> <ul style="list-style-type: none"> • Check your refrigerator, freezer and cupboards for foods and supplies you have at home before you go grocery shopping.
<p>7. HINTS ABOUT KIDS</p> <ul style="list-style-type: none"> • Shop when rested. • Shop when less crowded. • Allow children to add one item to your shopping list. 	<p>8. USE STORE OR BRAND COUPONS</p> <ul style="list-style-type: none"> • Use coupons for foods you need when the price is right. • Take coupons or club cards when shopping. 	<p>9. KNOW STORE LAYOUT</p> 
<p>13. BE AWARE OF MARKETING TECHNIQUES</p> <ul style="list-style-type: none"> • End of aisle displays. • Items at checkout counter. • Sweet cereals at childrens' eye-level. 	<p>14. EAT BEFORE YOU SHOP</p>  <ul style="list-style-type: none"> • Resist buying extras 	<p>15. LIMIT CONVENIENCE FOODS</p> <ul style="list-style-type: none"> • Prices are higher and often nutrients are lower. • Example: frozen prepared meals may have added fat, salt and/or sugar.
<p>19. READ THE LABELS</p> <ul style="list-style-type: none"> • Look for: <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Nutrition Facts Serving Size Servings Per Container <hr style="border: 2px solid black;"/> Amount Per Serving</p> </div>	<p>20. SEE THE LIST OF INGREDIENTS</p> <ul style="list-style-type: none"> • Ingredients are listed in order, from the most to the least amount found in the product 	<p>21. CHECK DATES FOR FRESHNESS</p> <ul style="list-style-type: none"> • Dates on packages tell you when a food was packed or the last day the store can sell it.
<p>25. EAT MEAT LESS OFTEN</p> <ul style="list-style-type: none"> • Meats can be expensive and high in fat. • Use beans, lentils or tofu more often for family meals. 	<p>26. BEST BUYS IN MILK</p> <ul style="list-style-type: none"> • Skim milk, skim dry milk and evaporated skim milk are especially good in cooking. 	<p>27. CHOOSE BROWN OR ENRICHED RICE</p> <ul style="list-style-type: none"> • These contain more nutrients and fiber.

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Planning and Shopping for Meals Around Advertised Specials

- ◆ **Review “A Shopper’s Guide” food shopping guidelines.**
- ◆ **Divide food allowance into 5 envelopes** based on your usual shopping trips. Beginners may choose to divide the allowance equally until a regular shopping ritual is established.
- ◆ **Take inventory.** Check to see what foods and supplies you already have.
- ◆ **Check and circle the best buys in the weekly food ads.** Write down these foods on your shopping list. Including your inventory foods, check to be sure that your list includes all food groups. Or use the circled food ads as your shopping list—take it to the grocery store with you.
- ◆ Use the circled foods in the ads, your inventory foods, your recipes, MyPlate, and the “Plan Meals Around Advertised Specials” worksheet. **Plan meals for at least one full day based on the shopping list.** Three to seven days of planning are recommended at first. This does take time at the beginning, but practice makes it easier and the process will become faster.
- ◆ **Determine the cost of your food list and planned menu** for the day and week. It needs to be within your food allowance for that week. Make adjustments where needed.
- ◆ Either from memory or as a homework assignment, **diagram the layout of the grocery store where you usually shop.** Check the locations of the food groups.

(insert)

Plan Meals Around "Advertised Specials"

Day	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				