

Spending Less, Eating Better

“Shop smart for a healthy start”

If we plan ahead, shop carefully, and handle food properly, we can save money and time, while eating healthfully. Here are some suggestions:

Plan your menu for the week.

- Use grocery store ads to plan our meals.
- Check sale prices, and for fruits and veggies that are in season.
- Include fish, dried beans, peas, lentils, tofu, or eggs, instead of more expensive cuts of meat.
- Use coupons.
- Go grocery shopping on senior discount days.

Make a grocery list.

- Know what you have in your pantry, refrigerator, and freezer. Don't overbuy.
- Include staple items: what you use often and do not need to be refrigerated, frozen or kept hot.

* Please check with your doctor or health care professional before making dietary changes

Prepare for your grocery shopping trip.

- Limit the number of trips to the store to save gas and time.
- Go to the store when you are rested, not hungry, and when the store is not crowded.
- Eat a snack before you go.

Limit the time spent in the store.

- Don't go down every aisle.
- Follow your grocery list, but look for store brands.
- Ask for a “rain check” if the sale items are unavailable.
- Look high, look low: items with higher prices are at eye level. Lower-priced items are on the bottom shelves.
- Check unit prices to compare and save. Bigger containers of food may be cheaper than smaller ones, but if we do not eat it all or waste it, we are not saving our money.

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