# Spending Less, Eating Better
## A Shopper’s Guide

<table>
<thead>
<tr>
<th>Check newspaper grocery store ads. Buy items on sale.</th>
<th>Check what you have in your freezer, refrigerator and cupboards.</th>
<th>Eat before you shop.</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Fresh Lettuce $1.30 / lb." /></td>
<td><img src="image" alt=" instinct:5eh03e403s.png" /></td>
<td><img src="image" alt=" inst:37e947d57.png" /></td>
</tr>
</tbody>
</table>

- 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.
  - **HAPPY-MART**

- Be aware of marketing techniques.

- Check your dates for freshness.
  - **23 DEC 2015**

- Use unit pricing.
  - **Unit Price**: $0.20 per oz.
  - **Total Price**: $2.40
  - **12 oz.**

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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.