Spending Less,
Eating Better

Make a Shopping List

- Make your shopping list based on your meal plan, inventory, and specials.

Use Unit Pricing

- Weekly Shopping Plan
  - Divide grocery money into weekly amounts.
  - Take only the amount of food monies you plan to spend.

- Check Newspaper Ads
  - Watch for sale items.
  - Buy extra staple goods when the price is low and if your stock is low.

Hints About Kids

- Shop when rested.
- Shop when less crowded.
- Allow children to add one item to your shopping list.

See the List of Ingredients

- Ingredients are listed in order, from the most to the least amount found in the product.

Unit Price

- $.20 per oz.

Total Price

- $2.40

12 oz.

Snappy Rice Cereal

List of Ingredients Pic

Hints about Kids Pic
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Unit Price

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12 oz.

Snappy Rice Cereal

Apples

Bread

Milk

Lettuce

Shopping List

INGREDIENTS: WHOLE GRAIN WHEAT, OATS, BRAN, CORN STARCH, CALCIUM CARBONATE, BROWN RICE SYRUP
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Spend Less, Eating Better

**Title 1** - Cut along the outside edge of the green border and along the dotted line.

**Title 2** - Cut along the outside of the green border. Overlap with SLEB Title 1 on top. Align to the dotted line. Attach with tape or glue.

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**Unit Price**

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**Total Price**

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12 oz.

**Snappy Rice Cereal**

**Shopping List**

- Apples
- Bread
- Milk
- Lettuce

**Ingredients**

WHOLE GRAIN WHEAT, OATS, BRAN, CORN STARCH, CALCIUM CARBONATE, BROWN RICE SYRUP
Spend Less, Eating Better

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12 oz.

Snappy Rice Cereal

**Shopping List**

**INGREDIENTS:** WHOLE GRAIN WHEAT, OATS, BRAN, CORN STARCH, CALCIUM CARBONATE, BROWN RICE SYRUP
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See the List of Ingredients

Ingredients are listed in order, from the most to the least amount found in the product.

INgredients: Whole Grain Wheat, Oats, Bran, Corn Starch, Calcium Carbonate, Brown Rice Syrup

Unit Price
$.20 per oz.

Total Price
$2.40

12 oz.

Snappy Rice Cereal
Apples
Bread
Milk
Lettuce
<table>
<thead>
<tr>
<th>Day</th>
<th>Plan Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Fried Eggs &amp; Rice</td>
</tr>
<tr>
<td>Monday</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
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</tr>
</tbody>
</table>

**Chart piece 1** - Cut around the outside edge of the brown border and along the dotted line.
Plan Meals Around “Advertised Specials”

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Salad</td>
<td>Creamed Chicken</td>
<td>Rice &amp; Baked Chicken</td>
</tr>
<tr>
<td>Fruit Salad &amp; Fish</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CHART piece 2 - Cut around the outside edge of the brown border and along the dotted line.
<table>
<thead>
<tr>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creamed Chicken</td>
<td></td>
</tr>
<tr>
<td>Rice &amp; Baked Chicken</td>
<td></td>
</tr>
<tr>
<td>Fruit Salad &amp; Fish</td>
<td></td>
</tr>
</tbody>
</table>

CHART piece 3 - Cut around the outside edge of the brown border and along the dotted line.
<table>
<thead>
<tr>
<th>Chart Piece 4</th>
</tr>
</thead>
</table>
| Cut around the outside edge of the brown border and along the dotted line.
CHART piece 5 - Cut around the outside edge of the brown border and along the dotted line.
<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td><strong>Fruit Salad</strong></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
</tr>
</tbody>
</table>

CHART piece 6 - Cut around the outside edge of the brown border and along the dotted line.