

# SMART SHOPPING STRATEGIES

**Eating healthy does not have to be expensive. Here are some quick tips to take with you during your next grocery shop to help save money.**

Make a running list of what you need to avoid making extra trips to the store or buying food that you may already have.



**Buying in bulk** or shopping at club stores can be a way to save money on foods you frequently eat. However, bulk items are not always less expensive than pre-packaged foods. Compare the unit price of bulk items to similar foods to see if you are actually saving money.

**Only purchase foods you know you will finish** so it does not go bad. This habit prevents food waste and saves money.

**Check the newspaper for coupons** or weekly specials at nearby stores. Look for items you know you like and will use instead of buying items just because they are on sale.

**Generic or store brand products** tend to be cheaper than name-brand versions and are often the same quality. Common or frequently bought items such as bread, cereal, and canned or frozen vegetables are good items to buy generic and save money.

# SIMPLE SAVINGS



## Meat

Meat that is close to its expiration date is almost always sold at a discounted price. Buy it when it is on sale and freeze it in individual portions before the date listed on the package.



## Dairy Foods

Look for ultra-filtered milk that lasts longer. Freeze extra hard cheeses and butter to use at a later date when they go on sale. Replace sour cream with unflavored Greek yogurt for a boost in protein and calcium without changing flavor or texture.



## Legumes, Nuts and Grains

Stretch your meat by combining it with beans in chili, soups, or stews.

Nuts are a good source of protein, but check for added salt and keep portion sizes small to avoid eating too much fat.

Freeze extra sliced breads or bagels in an airtight bag to keep them fresh and prevent freezer burn.



## Fruits and Vegetables

Buy fresh varieties that are in season or on sale, and only purchase what you know you can eat before it spoils. Freeze what you cannot use or add them to soups. Frozen and canned produce are picked and processed at peak ripeness when they are most nutritious, and can be softer and easier to chew. Look for fruit canned in water or juice instead of syrup to reduce intake of added sugars. Choose "no salt added" or "reduced sodium" vegetables and beans.

### **Fresh Tip: Make a mini greenhouse in your refrigerator!**

Whole heads of lettuce last longer than the bags of pre-cut salad mixes do. Trim ½ inch off the bottom of a head of lettuce and place the lettuce in a container with just enough water to cover the cut part. Place a plastic bag over them, and your lettuce will last for weeks. You can treat cabbage, cauliflower, and bunches of celery the same way.