



## **Shopping List**

### **A Guide to Healthy Eating With Less Cost**

- Mondays and Tuesdays are the best days to shop during the week and spend less money. You can avoid crowds and compare costs. Know your store's layout so you can get in and get out. The more time you spend in the market, the more money you spend. Every minute in the supermarket equals \$2.
- When shopping, ask managers or department heads which products have the best buys.
- Read ads from each store and compare prices for identical items. Buy things in bulk (not perishables). It takes about four to six weeks for a good bargain price to return.
- Develop a budget and stick to it. When setting a budget you will be able to decide if convenience products are a priority for you since these items tend to be higher in cost. Always fill your cart with the essentials first.
- Plan menus ahead of time and make a shopping list. When shopping, buy products for menus or from your shopping list only. If you still have money left in your budget, treat yourself to something fun. Try planning meals that are meatless at least two times per week since meat tends to be higher in cost.
- Cut coupons. Coupons can save you a lot of money. However, they can lead to meaningless buys if food is not eaten. Only use coupons for food you intend to eat. Always compare costs of coupons to generic/store brands to receive the best deal.
- Take advantage of any offers the store may have available. For instance, frequent buyer cards, mailing lists, suggestion boxes, etc.
- Avoid impulse buying at the checkout line. Treat yourself to an occasional candy bar or favorite magazine but don't make it a habit.
- Add variety to your diet. Try new fruits and vegetables that are in season.