

Healthy Shopping On A Budget



Before you shop

- ✓ Plan your weekly meals and snacks ahead. See what foods you have and what foods you need.
- ✓ Check out the sales and coupons to plan your menu. Look for specials on meat and seafood.
- ✓ Stick to your list. Buy only what you need and don't shop when you are hungry.
- ✓ Get creative. Try new meal or recipe.

While you shop

- ✓ Celebrate the season. Buy fruit and vegetables in season. They are easy to get and less expensive.
- ✓ Keep it simple. Choose whole fruits and vegetables. Precut or washed produce often cost more.
- ✓ Try frozen and canned fruits in 100% fruit juice and low sodium canned vegetables if fresh is too expensive.
- ✓ Generic or store brands = savings. You get the same or similar product for a cheaper price.
- ✓ Buy canned or dried beans instead of meat for recipes like chili, soups and Mexican dishes.



After you shop



- ✓ Use fresh fruits and vegetables within a few days of shopping. Use canned and frozen later in the week.
- ✓ Chop your fruits and vegetables and store in the fridge. They will be ready for your family to grab and go.
- ✓ Cook smart. Prepare and freeze dishes in advance. Spice up your leftovers. Use overripe fruit in smoothies.
- ✓ Plant you own - Start a garden for fresh, inexpensive produce. Visit the library or go online for more gardening information.

References

United States Department of Agriculture. DG TipSheet No. 9. Washington, DC: U.S. Government Printing Office, 2011.
Centers for Disease Control. Get Smart As You Shop. Atlanta, Georgia:U.S. Government Printing Office, 2011.