



SMART SHOPPING

15 Smart Tips!

Check the suggestions you're already doing and circle the ones you would like to try.

Before you shop—plan...

- 1 **Plan meals for one week.** Keep in mind variety and nutrition.
- 2 **Check newspaper ads** for foods on sale.
- 3 **Check for items on hand** in cupboards, freezer and refrigerator.
- 4 **Make a shopping list.** Using a shopping list will help stretch food dollars.
- 5 **Use leftovers** to save time and money.



At home...

- 6 **Follow your meal plan** as closely as possible.
- 7 **Store food properly.** As soon as you get home, put everything away quickly, especially the foods that go into the freezer or refrigerator. Buy in quantities you can store and use before food spoils.
- 8 **Avoid waste by following** your meal plan. Each time you throw away food you are throwing away money.



At the store...

- 9 **Use your shopping list** as a guide. Avoid impulse buying.
- 10 **Buy in season** when selecting fruits and vegetables.
- 11 **Compare costs:**
 - of various generic and store brands.
 - of different forms of food such as fresh, frozen, canned and dried.
 - of price per ounce, pound or unit.
- 12 **Make wise use of coupons.** Only use coupons that fit into your meal plan and save money.
- 13 **Be aware of store selling practices.** The "end of the aisle" items are not necessarily bargains.
- 14 **Avoid temptations** at the checkout line.
- 15 **Pay attention** at the checkout counter. Mistakes do happen.



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Smart food planning and shopping can often eliminate problems such as running out of food by the end of the week or wasting leftovers.

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