



Tips for Healthy Food Shopping

STEPS TO TAKE

You don't have to spend a lot of money to get the foods you need to keep healthy.

Plan before you shop

- Check store ads, coupons, websites, and free phone apps for sales and savings.
- Plan out meals for a week using foods in season for best prices.
- Make a shopping list and stick to it.
- Compare prices at discount stores, farmers markets, and ethnic or specialty stores.
- Join the store savings club for additional discounts.

At the store

- Shop around the outer aisles of stores. This is where the healthier foods are placed.
- Avoid the aisles with highly processed, less nutritious food.
- Buy cheese in blocks instead of pre-sliced.
- Choose frozen vegetables without sauces or spices, they cost less and have less salt.

Buy foods in bulk, such as rice, beans, oatmeal, or pasta

- Buy plain food items such as a bag of rice instead of boxed rice mixes with spices. Buy fresh potatoes instead of instant potatoes.
- Choose whole chicken or a bulk size bag of chicken pieces.
- Make sure that buying items in bulk saves money.

Buy store brands and specials

- Look for "two for one" specials and use WIC checks for "buy one, get one free" offers.
- Check out food company websites for free coupons.
- Use free phone apps for coupons and discounts.
- Look for healthy foods that you often eat in stores' weekly specials.
- Buy generic or store brands and compare unit prices. The store brand is often less expensive than the name brand for the same quality product.

Avoid impulse buys

- Look for checkout lines without candy and junk food.
- Shop when you are not hungry.
- Shop without your children when you can. Candies and toys are often put at children's eye level.
- Only use coupons to buy foods you normally eat.

When you get home

- Store perishable food right away and use food before it goes bad.
- Make extra food and freeze it to eat later.
- Plan for leftovers. For example, serve grilled chicken one night and chicken soup the next.



TAKE ACTION

My plans for healthy eating on a budget are:
