

# HEALTHY SHOPPING ON A BUDGET

**These tips will help you save time,  
save money and eat healthier!**



## Plan Ahead

Take time on the weekend to plan 3-4 healthy dinners for the upcoming week. No need to make a meal every day of the week. Make extra that can be eaten on those busy nights when you can't cook--- leftovers!!

## Use What You Have

Take time to go through the pantry, fridge and freezer. Take note of what's on hand.

## Make a list

Make a list of what you need and stick to it.

## Look for Sales

Use store flyers when planning your menu. Plan your menu around what fruits and vegetables are on sale each week.

## Try Canned or Frozen Produce

Canned or frozen fruits and vegetables keep for a long time and may be less expensive per serving than fresh. Look for items that are made with no added sauces or sugar; of that are labeled either "low sodium", "no salt added" or "in 100% juice."

## Shop in Season

Buying [fruits and vegetable in season](#) generally means your food not only tastes better; but costs less. Check out your local farmer's market or look for farm stands in your community.

## Go Generic

Try store brands. Store brands on average are cheaper by about 26% to 28% and their quality is usually the same or better than that of name brand products.

## Buy in Bulk

Buy in bulk when foods are on sale. Frozen and canned fruits and vegetables, and some fresh items (like apples and carrots) will last a long time. If you have storage space, save money by stocking up on the foods you eat more often.

## Shop the Perimeter

Spend most of your grocery budget on foods found around the outside of the store like fruits, vegetables, low-fat dairy and lean protein foods. Limit your shopping in the middle aisles to staples like whole wheat pasta, rice, canned tuna and almond butter or peanut butter.

## Compare Unit Prices

Use the unit price to compare similar products. This will help make sure you are getting the best deal. The unit price is the cost per a standard unit (often in ounces or pounds) and is usually found on a sticker on the shelf beneath the item.

## Don't Shop Hungry

People who shop when they are hungry or stressed tend to not only buy more food, but also buy healthier food items.