

Smart Shopping

Nutrition Education

November 2023



Using coupons and looking for the deals of the week are good ways to save money and buy more healthy foods when grocery shopping.

Here are some more tips below:

Plan Ahead:

- Look in the Sunday newspaper for coupons.
- Buy foods when they are on sale, especially the "Buy One, Get One Free" items.
- Check out your local store weekly ads.
- After you know what is on sale, create a shopping list of things you need (and stick to it)!

Buy Smart:

- Buy store brands, they usually cost less.
- Look for the family-sized or value-pack meats and freeze what you don't use.
- Buy the bigger size of low-fat plain yogurt and mix in your frozen, fresh, or canned fruit, instead of buying fruited yogurt.

Eat Your Veggies (and Fruit):

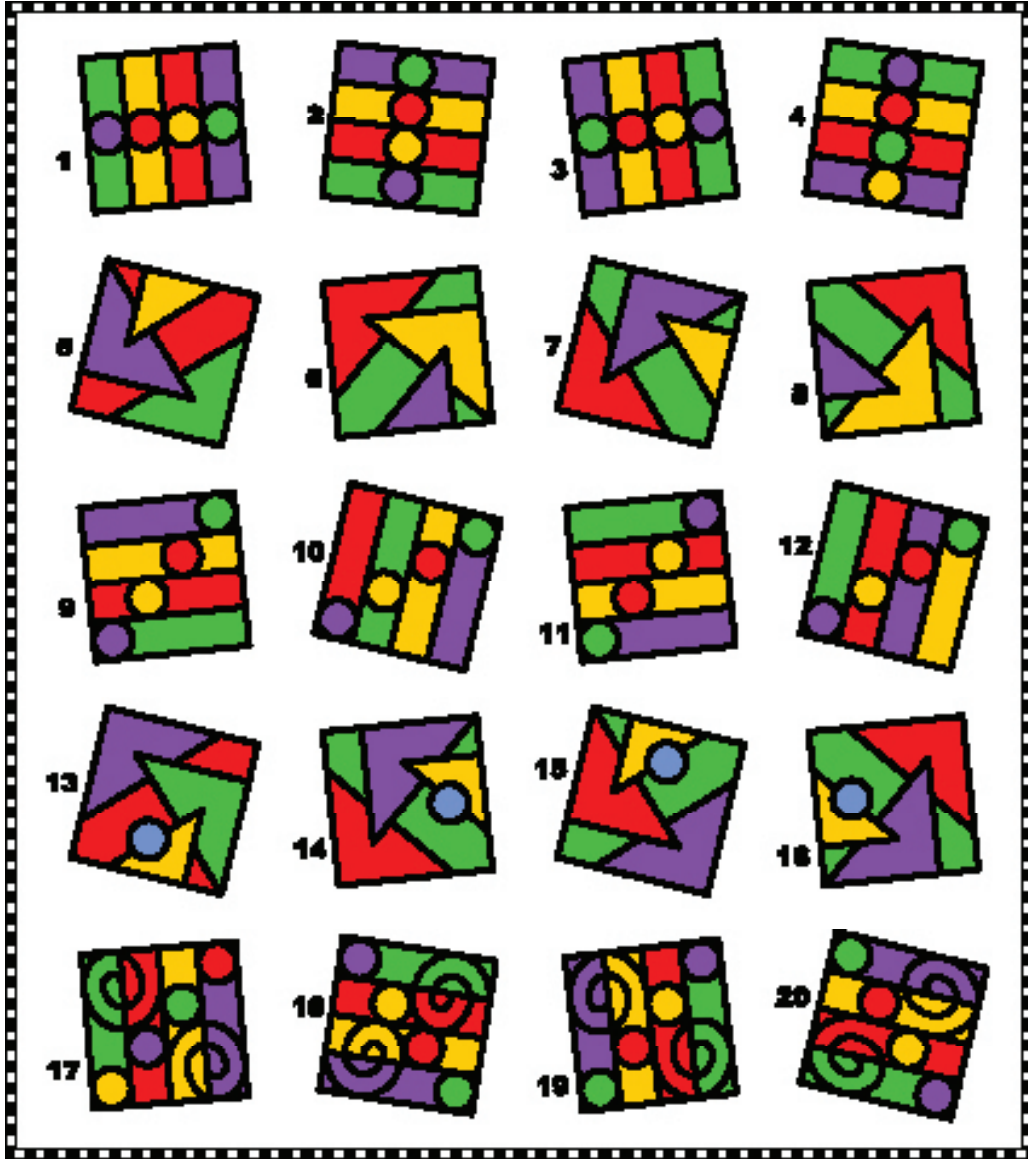
- Buy fruits and vegetables like bananas, dark green leafy vegetables, apples, carrots, cabbage, oranges, and sweet potatoes. They tend to be cheaper, last longer, and are packed with nutrients.
- Check out a local farmer's market. You might be able to find cheaper fruits and vegetables.
- Buy canned fruit packed in 100% fruit juice or water.
- Buy canned vegetables that are labeled "low sodium" or "no salt added."
- Frozen fruits and vegetables last longer and are a quick way to add fruits and vegetables to your meal.

Choose Healthy:

- Buy canned fish items like tuna, salmon, and sardines. They can be light on your wallet and a healthy pick.
- Use brown rice and whole-grain pasta for more fiber and other nutrients.
- Skip the sodas and sugary drinks and go for water. Water has no calories and is great for hydration.
- Look for the "reduced fat," "fat-free," or "low-fat" food items while shopping.

Match Game

Find two identical images in each row. (They can be rotated).



Answer: 2 - 3, 6 - 8, 9 - 11, 14 - 16, 19 - 20.