

Shopping Strategies



- Shop with a grocery list. Organize the foods on your list according to the store layout.
- Choose the grocery store with the best prices for foods you usually buy. Check out dollar stores and local farmers' markets, too. Think about gas mileage if you shop at many stores. Shopping at several markets may not be worth the extra time and gas.
- Know the layout of the grocery store. Spend most of your time around the outside aisles of the grocery store. Go down only the aisles that have something on your list.
- Look at items on the higher and lower shelves. National brands and more expensive items are displayed at your eye level.
- Try not to shop when you are hungry. If you are hungry, you will be tempted to buy foods that are not on your list.
- If you bring your children to the grocery store, plan trips when they are not tired or hungry.
- Know how much money you have to spend, and bring a calculator to the store with you to keep track as you shop.
- Buy store brands. They often cost less.
- Use coupons for food items only if you are sure the product is something you will use. Check to see if the coupon price is lower than the price of the store brand.
- Be open to buying something healthy and new if it is a good price.
- Read the weekly store flyer to check for sales and specials.
- Replace meat with beans in some recipes to save money.
- Buy in bulk and create your own individually packaged foods.
- Buy fruits or vegetables in season.
- Limit buying convenience foods from the deli or bakery.
- Buy the largest container of milk you can use by the date on the container.
- Buy canned beans, peas, and lentils to make hearty, low-cost soups and casseroles.
- Before you go to the store, check what's on hand at home.
- Make a shopping list based on meals and snacks you plan to make in the coming week.
- Buy frozen juice concentrate instead of ready-to-drink juice, if it is cheaper.
- Store food correctly to prevent waste.
- Buy plain frozen vegetables instead of vegetables with special sauces or seasonings. Plain vegetables are cheaper and have fewer calories and less salt.

