



Family Food Shopping: Spend Less, Get More

You probably have your own ways to stretch your food dollar. That's great. Healthful eating doesn't cost more. It may even cost less.

Deciding What To Buy

Buy a wide variety of foods. Grains, cereals, breads, pasta, and rice tend to cost less than other foods. Most of our foods should come from the grain group.

Choose beans instead of meat more often. Beans cost less than other foods from the Meat Group.

Go easy on the "extras" you buy, such as cookies, candy, sweet drinks and other foods high in fat and sugar.

Buy the amount you need.

That will decrease the chance you will throw food away.

Use coupons and sales for foods you really want. A food isn't a bargain if no one eats it!



More tips to save your money, time, and energy!

- **Make a shopping list.** Stick to it!
- **Check unit prices on store shelves** -usually below the food. They show the price per ounce, pound, quart, or some other amount. Unit prices let you compare brands and sizes to get the best buy.
- **Group foods on your list to match the store's layout.** You'll shop faster. It's easier to remember everything, too.
- **Try to shop after eating, not before.** You may buy more when you're hungry.
- **Leave your child with a friend or sitter if you need to.** Stores put many foods that children like, such as candy and products with prizes, where they can see and reach them.
- **Take food home right away.** Refrigerate meat, chicken, and other perishable foods so they stay fresh and safe to eat.

Unit Price	Total Price
4 ¢ per oz.	
	\$.72
	18 oz.
Snappy Rice Cereal	

Unit Price	Total Price
10 ¢ per oz.	
	\$.60
	6 oz.
Crackly Rice Cereal	

Although the Snappy Rice cereal costs more, you get more for your money from the larger size (4 cents compared to 10 cents per serving.)