

# Save Money and Eat Healthy



Planning can help you save time, money, and eat healthier.

## Make a list and stick to it

- When you get to the store, don't buy things that are not on your list. This may help you stay away from foods that are unhealthy and cost a lot of money.

## Spend most of your grocery money on whole foods

- Buy fruits, vegetables, dairy, and lean meats that are good for your body. Unhealthy and packaged foods should be limited.

## Don't shop when you are hungry or stressed

- People who shop when hungry or stressed tend to not only buy MORE food, but also less healthy food.

## Compare unit prices

- Bigger is not always better. Use the unit price to compare products and make sure you're getting the best deal. The unit price is the cost per a standard unit (like ounce or pound) and is usually found on a sticker on the shelf below the product.

## Consider pre-washed and pre-chopped produce

- If food tends to rot in your fridge before you prepare them, then you could actually save money by buying fresh fruits and vegetables that have been washed and chopped for you.

## Try frozen and canned

- Canned and frozen produce keeps for a long time and may be cheaper per serving than fresh. For frozen, make sure you look for items with no added sauces or sugar. For canned, choose fruit canned in 100% juice and vegetables that are labeled either "low sodium" or "no added salt."

## Use store flyers to plan your menu

- Save money by planning your menu around fruits, vegetables and other items that are on sale each week. Having a menu planned for the week can help you save time.

## Try store brands

- Store brands often cost less than name brand products.

## Shop in season

- Buying fruits and vegetables in season generally means your food not only tastes better, but is more nutritious and costs less.

## Buy in bulk when foods are on sale

- Frozen and canned produce, and some fresh items like apples and carrots, will last a long time. If you have the storage space, stock up on the foods you eat regularly when they are on sale to save money.