



Family & Consumer Sciences

Cent\$ible Nutrition Program

Helping Families Eat Better for Less

UNIVERSITY
OF WYOMING
Cooperative Extension Service

Shopping Tips:

Start With A List

- Make a list; do not rely on memory alone.
- List the food and quantity needed. List items together that are located near each other in the store and leave perishables and frozen foods until last.
- Avoid impulse buying by using your list. The more you visit the store, the more chances for impulse buying.
- Double check storage space for the amount and type of food to purchase.
- Avoid shopping when you're hungry, studies indicate you'll spend more money.

Specials

- Read food ads in the newspaper or at the store to see what is on sale.
- Compare prices of similar products.
- Food is only a bargain if: you'll use it, your family will eat it, it is cheaper than competitive products and you've considered the cost of additional ingredients needed.

Coupons/Rebate

- Avoid buying products just to use a coupon! You may spend more than you would on the regularly priced item.
- Calculate the true cost of the item by subtracting coupon and rebate discounts.
- Shop on the days when the store offers double value for coupons.

Compare Brands

- Generic brands, store brands, and name brands are safe and just as nutritious.
- Try different brands to see what suits your purpose and tastes.
- Don't be fooled by product names as they are often a marketing tool. For example: power food and cereal bars often have higher calories and are more expensive.
- Look at shelves above and below eye level to find the best buy.

Convenience

- Packaging, precooking, seasonings and sauces add to cost of the product.
- Processed and ready-to-eat foods usually cost more but may reduce preparation time.
- Consider additional foods needed to prepare ready-to-eat foods.
- Read the list of ingredients because packaged foods often contain more sodium.
- Convenience items usually cost more than home-prepared foods.

Tips for each food group to help you save money!

Milk, Yogurt, and Cheese

- Buy cheese by the block and do your own slicing, grating, grinding and chopping.
- Compare the price of fresh milk versus dried milk.
- For more calcium per serving, add powdered milk to fresh milk or add it to casseroles.
- Shop for calcium-fortified foods.

Fruits and Vegetables

- Fruits and vegetables are nutritious fresh, frozen or canned. Compare prices for your best buys. Watch fresh produce in season for great buys.
- Fresh fruits and vegetables should be firm, avoid those with soft spots or decayed pieces.
- Store fresh fruits and vegetables properly to avoid spoilage.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- Brown and white eggs have the same nutritional value and taste.
- Buy a large cut of meat and divide into several meals rather than buying cuts separately.
- Preparing recipes with dried beans is usually cheaper and lower in sodium and fat than prepared mixes.
- Always figure cost per serving instead of cost per pound.
- Turkey and chicken are usually less expensive, lower in saturated fat and cholesterol, and contain more protein and nutrients than other meats.
- Consider vegetables high in protein, such as beans, for main dishes.

Bread, Cereal, Rice and Pasta

- Buy whole-grain or enriched products.
- Day-old bread is usually cheaper than fresh bread and tastes just as good.
- Gourmet breads cost more than plain breads.
- Highly-fortified breakfast cereals may cost more.

Applied from:

Virginia Cooperative Extension Service, *55 Ways to Save at the Grocery Store*,
Publication 348-722, March 2000. www.ext.vt.edu/pubs/foods/348-722/348-722.html

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW CES Office. To file a complaint, write the UW Employment Practices/Affirmative Action Office, University of Wyoming, Dept. 3434, 1000 E. University Ave., Laramie, Wyoming 82071 3434.