

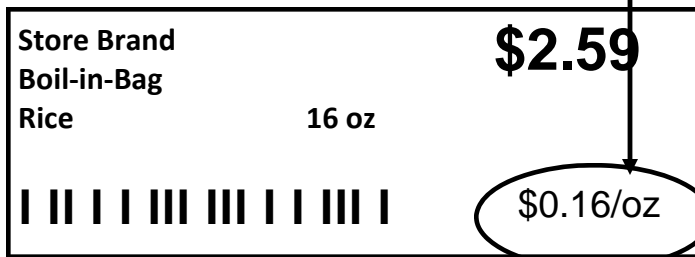
# \$PEND YOUR DOLLAR\$ WISELY



Two dozen hints on how to spend less for groceries and eat more healthfully.

**1. Plan ahead.** Make and use a shopping list. Plan what you'll cook, what you'll need, and how many meals you can get from one dish.

**2. Buy according to UNIT PRICE** on the shelf tag. It should show the price as cost/oz or cost/lb. The UNIT PRICE shows which costs less for the real food in the package.



**3. Compare store and national brand prices** and nutrition labels. Even with a coupon for the national brand, store brands are often less expensive, and just as healthy.

**4. Only use coupons for what's on your list,** or what you are sure you will use soon.

**5. Compare prices on 'specials'** vs. regular brands. Often specials are no savings. The ends of the aisles are not always good buys.

**6. Buy and eat more beans, peas and lentils,** and less meat. Have a vegetarian day once a week.

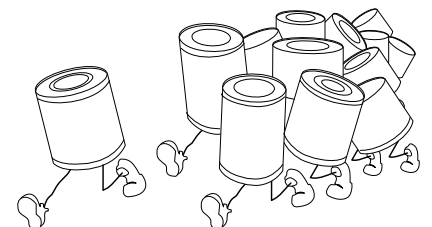


**7. Decide how much your time is worth** and whether you can afford to buy peeled carrots at \$5 a pound, or peel them yourself for \$.99/lb.

**8. Put more whole grains, fruits and vegetables** and less meat on your plate.

**9. Buy canned or frozen fruits and vegetables,** especially when they are not in season. Only buy fresh produce when it's in season. Be sure to get the reduced sugar and no salt added packages.

**10. Buy the largest packages** that you can store and use on basic foods that don't spoil rapidly, such as cereal or flour. You usually spend less on packaging that way. (See #2)



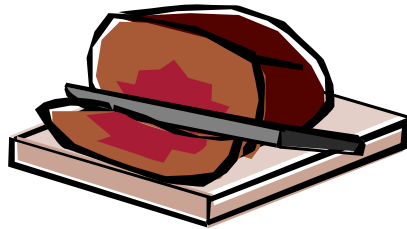


**11. Buy meats in larger packages**, then divide into meal or serving sizes at home. Package and freeze for future use.

**12. Buy concentrated frozen juices** instead of ready-to-drink. They usually cost less.

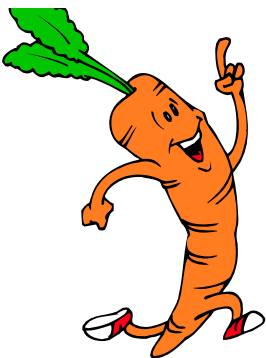
**13. Buy small packages or individual serving sizes** of things you don't need or tend to eat too much of, such as ice cream.

**14. Carry your lunch** instead of buying out every day. Make enough for the week on Sunday and freeze each day's meal.



**15. Roast a turkey, turkey breast, ham or roast beef**, then slice it thinly and freeze for sandwiches. It will cost less and have less salt than prepackaged lunch or deli meats.

**16. Buy the package that has the least amount of packaging.** You'll get more food and less plastic for your money.



**17. Make your own snacks** to take to work. Divide large bags of chips

or carrots into baggies. You can make healthier snacks and use less packaging than the vending machine.

**18. Drink more water and milk** and less soda. Get a small thermos for milk, coffee, tea or water.



**19. Buy only as much fresh produce as you can use** before it spoils, just enough for 2-3 days.

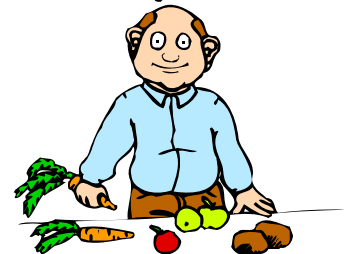
**20. Buy plain fat-free yogurt** and add your own sugar or sweetener, or better yet add applesauce or mashed fruit.

**21. Buy plain rice or potatoes** instead of mixes and add your own herbs and spices.

**22. Try to shop just once a week**, and not when you're hungry. There's less temptation to buy more.



**23. Shop when you have time** to read the labels and compare prices.



**24. Check for 'Use by' or 'Best if used by' dates** on meats, seafood, and packaged dry goods. Most canned goods will be good for years.