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## Grocery Shopping: MONEY SAVING TIPS

Here are some useful tips to help you get the most nutrition for your food dollars!

### 1 STICK TO YOUR LIST

Store demos and special displays can sometimes distract shoppers from what they really need. To make sure you are shopping for your needs and sticking to your list, ask yourself these questions:

- Can I afford this?
- Do I really need these items?
- How will I use these items?
- Do I know how to make a meal with these items?
- Will it save me money to buy this now?
- Will I use it before it expires?



### 2 GO BACK TO BASICS

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. **Take time to prepare your own food and save!** You will get more of the foods you like to eat this way. Consider preparing meals and freezing them for later use too.



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## Take This Lesson Learn:

- How to get the most nutritious food for the best possible price
- How to make the most of your WIC benefits.
- How to use store flyers, store loyalty programs, and coupons.

## To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category:  
**Planning Simple Meals And Snacks**
- Choose the lesson:  
**Maximizing Food Dollars**

### 3 FIND FOODS ON SALE

- >> **Read the sales flyer.** These usually come out mid-week and can be found at the store's entrance, in the newspaper, or on the store's website.
- >> **Look up and down for savings.** Stores often place the priciest items at eye level. You can save big by looking at the upper and lower shelves too.
- >> **Ask for a rain check.** If a sale item has run out, ask the store for a rain check. Having the rain check will allow you to pay the sale price after the item is restocked. Rain checks cannot be combined with WIC benefits but you can use them on your non-WIC foods.
- >> **Ask for advice.** Ask friends and family where they shop and find their best deals!

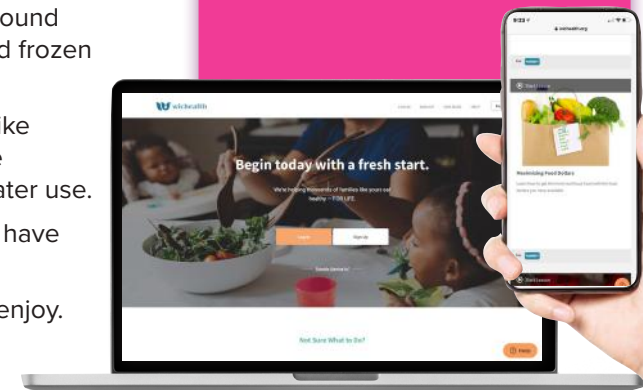
### 4 CHOOSE STORE BRAND OVER NAME BRAND

Most stores offer their own brand of products that often cost less than name brands. The quality is usually similar.



### 5 TRY BULK FOODS

- >> When possible, buy foods in larger amounts.
- >> Bulk choices are family packs of chicken, ground beef, or fish and larger bags of potatoes and frozen vegetables.
- >> If you buy a large package of a fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- >> Before you shop, remember to check if you have enough freezer, fridge, or shelf space.
- >> Buy foods in bulk that you already use and enjoy.



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