

Shopping for Health *and* Budget

Here are ways to shop and save money while purchasing healthy choices that are good for you and your family.

Bread

- HEALTH: Always buy 100% whole grain.
- BANK: Stock up and freeze when items go on sale

Canned Goods

- HEALTH: Try to choose items that say no-added-salt or reduced sodium.
- BANK: Store brands, when on sale, are the best value - stock up when you see them!

Cereal

- HEALTH: Oatmeal is one of the healthiest choices because it is a whole grain and has no added salt, fat or sugar (ditto for shredded wheat).
- BANK: Stock up when items are on sale.
- BANK: Even though grits are not a whole grain, they are economical and low in calorie density.

Pasta

- HEALTH: Rice is a very inexpensive option that is also low in calorie density when cooked. Of course brown is best but white is not such a bad option either if that is all your family will eat.
- BANK: Look for sales on store brands and stock up when prices are good.

Produce

- HEALTH: MyPyramid calls for most people to eat about 4.5 cups of fruits and veggies each day.
- BANK: Farmer's markets and local stands often have the best prices.
- BANK: Watch local papers for grocery stores



to offer sales on produce - you can get some great deals.

- BANK: Use items in season to get the best value and for a little change of pace each season.
- BANK: Don't buy too much unless you plan to use it before it spoils. An exception might be if you plan to cook and freeze soups or other dishes.

Protein

- HEALTH: Choose lean, cook lean and use portion control.
- BANK: One word helps here - sale!
- BANK: Use smaller quantities
- BANK, HEALTH: Of course the cheapest protein item is also the healthiest and highest in fiber - beans
- BANK, HEALTH: If you don't have a lot of time use lentils
- BANK, HEALTH: If you do have some time, consider cooking and freezing larger batches of dried beans

Beware of these pitfalls

- Expensive items include soda, chips, cereals, cookies, crackers and convenience meals. These are also calorie dense. Try to limit these treats to just one per week - don't need to fill the cart with them.
- Shopping without a list
- Shopping when hungry
- Shopping with other family members

Quick 5 Checklist to Save:

- Look for store brands
- On sale - good - stock up!
- Compare unit pricing
- Stick to your list
- Use less meat, soda, cookies, crackers, chips, deli, bakery and convenience items