

SMART SHOPPING

- Plan your meals and make a list before you go food shopping
- Shop after you have eaten a meal, not when you are hungry.
- Read labels and choose foods low in fat, sugar, and salt.
- Use coupons for items that you need.
- Shop for items on sale that you can use.
- Compare brands and buy the lowest cost brand to save money.
- If fresh fruits and vegetables cost too much, buy frozen or canned ones.
- Buy only the items on your list, the items necessary to prepare the meals you have planned.
- **Planning before food shopping helps you save time and money.**
- **By knowing your food store you can save money and buy healthy foods for you and your family.**

