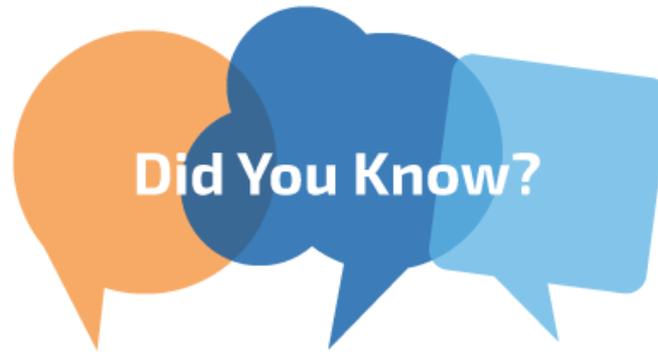


Stretching Your Food Dollar

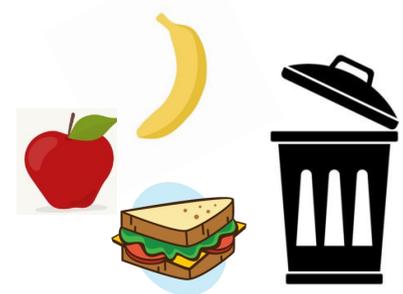
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Buying groceries can get expensive, but eating healthy doesn't have to be pricey!

From reducing waste to navigating the grocery store, this guide will teach you ways to stretch your dollar while expanding your health—and that's priceless!



- **America wastes ~40% of food!**
- **Consumers make up ~20% of food waste.**
- **Fresh fruits and vegetables are the #1 source of food loss.**
- **90% of Americans toss food before it's actually expired.**





General Shopping Tips



- * Make a shopping list before going to the store.
- * Stick to your list.
- * Plan meals around weekly specials.
- * Use coupons for items on your list.
- * Try the generic brand.
- * Purchase extra items on sale to save for later.
- * Buy larger containers, value packs, or bulk for the cheapest per-unit price.
- * Opt to buy fresh , in-season produce.
- * Check your receipt for any errors in charges.
- * Don't shop hungry!

Eating Out

- * Split an entrée to prevent over eating or having leftovers.
- * Refrigerate leftovers within 2 hours.
- * Eat leftovers within 3-4 days.
- * Reheat leftovers thoroughly to 165° F, using a food thermometer to check.

Making a Grocery List

1

Use a weekly meal plan.

Create a list of food and beverages needed to make your meals for the next week.

2

Organize your list.

Categorizing your list by food group or sections in the grocery store will make your trip quicker.

3

Update your list during the week.

Recording items as you run out during the week will make list-making before grocery shopping an easier task. You'll be much less likely to forget items as well.

Guide to Grocery Shopping

Budget friendly tips for each aisle



GRAINS

- ◆ Buy bulk grains to get the cheapest per-unit price.
- ◆ Generic brands of grains are cheaper and contain the same nutrition as brand-name.
- ◆ Brown rice, rolled oats, popcorn, and whole wheat flour are a few of the most budget-friendly grain options.



DAIRY

- ◆ To save money, buy larger sizes of dairy products, such as milk and yogurt.
- ◆ Check the sell-by date. Choose the item dated furthest away to ensure product freshness and prevent product waste from early expiration.



PROTEIN

- ◆ Budget friendly protein options include beans, peas, and lentils.
- ◆ If purchasing fresh meat, buy family-sized or value packs. Freeze what you don't use right away.
- ◆ Opt for lean meats such as poultry, chicken, or 93% lean ground beef.
- ◆ Don't forget about eggs! They are budget friendly and a good source of protein.

Guide to Grocery Shopping

continued



PRODUCE

- ◆ Purchase “in-season” produce; they are usually on sale and have the best flavor.
- ◆ When on sale, buy extra fresh produce to freeze and save for later.
- ◆ Whole fruits and vegetables are cheaper than pre-cut and prepped options.
- ◆ Frozen fruits and vegetables are just as nutritious as fresh.
- ◆ Generic or store brands are often the same quality and taste as brand name options.
- ◆ When buying canned vegetables, check for a “low sodium” or “no salt added” label.
- ◆ Check for a “no sugar added” label when buying canned fruit.

BEVERAGES

- ◆ Drink water instead of purchasing soda or other sugary beverages.
- ◆ Carrying a reusable water bottle is a great way to eliminate waste and save money!



« Ways to Reduce Waste »

Check your Fridge First

- * Cook and eat what you already have at home before buying more.
- * Be sure to eat leftovers before they go bad.

Proper Storage

Produce

- * Storing fruits and vegetables properly prevents spoilage.
- * Use refrigerator drawers and proper humidity to keep your produce fresher longer.
- * Don't refrigerate before ripe: tomatoes, bananas, avocados, peaches, watermelon, nectarines.

Perishables

- * Be sure to refrigerate perishable food items, especially meat, poultry, fish, eggs, and dairy, immediately after grocery shopping.
- * Avoid the danger zone—keep your refrigerator < 40° F and your freezer < 0° F.



Additional Tips



How to Read the Label

“Best if Used By/Before”

when a product will be of best quality or flavor.

“Use-By”

the last date recommended for use while at its peak quality.

“Sell-By”

how long to display the product for sale.

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