

Smart Shopping

1 Check for coupons and deals before shopping

Coupons and deals can help you get the best price, but remember, they are only a good deal if you will use the food.

2 Make a grocery list and stick to it

A list helps make sure you get everything you need, make shopping faster, and help you avoid taking multiple trips to the store.

3 Convenience is more expensive

Raw ingredients are usually less expensive than pre-packaged or prepared foods. Shop the edges of the store for ingredients, rather than the aisles where the convenience foods are located.

4 Avoid shopping while hungry

You are more likely to buy convenience foods when you shop while hungry. These foods are often more expensive and can be less healthy.

5 Compare prices

Compare prices between brands and similar items to find the best price per unit of weight.

6 All forms count

When it comes to fruits and vegetables, remember that fresh, frozen, canned, and dried all count. Look at the options to pick those that fit your budget and tastes.