



Food Shopping



You are going food shopping at your local grocery store today. The next week is going to be busy for you:

- you will be putting in some extra time at work
- your son has a basketball tournament
- your brother and his family are staying at your house for a couple of days

You want to be sure there is healthy food at the house for the week.

1. What would you do before you go shopping?

2. What would you do at the grocery store?

3. What are some ways you might save money?





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1. What would you do before you go shopping?

- check food in the house
- check available food sources
- check healthy food in store advertisements/flyers
- plan meals for a week
- make a shopping list
- eat before shopping

2. What would you do at the grocery store?

- use a shopping list
- choose a variety of foods
- choose foods in season

3. What are some ways you might save money?

- check other food sources
- use store advertisements/flyers to plan meals
- buy only what is on the shopping list
- buy food on sale
- use coupons if available
- limit use of ready mixes and instant food
- buy store brands/plain labels
- buy food in season



