

Family Food Shopping: Spend Less, Get More

You probably have your own ways to stretch your food dollar. That is great. Healthful eating does not cost more. It might even cost less!



Deciding What To Buy

Buy a variety of foods from MyPyramid. Whole grains, cereals, breads, pasta, and rice tend to cost less than other foods.

Choose smaller amounts of more costly protein foods from the Meat and Beans Group. Beans typically cost less than other foods from this group.

Go easy on foods with high levels of total fats, saturated fats, trans fats, cholesterol, sodium, and added sugars.

Buy the amount you need, not more. Then you will not throw food away.

Figuring Out Food Costs

Check unit prices on store shelves – usually below the food. They show the price per ounce, pound, quart, or some other amount. Unit prices let you compare brands and sizes to get the best buy.



Check the price of foods in different forms. Foods may cost more if they are partly prepared. You decide if you want to pay more to save time in the kitchen.

Finding More Ways To Spend Less

Buy foods from bulk bins – if you can. They usually cost less because you don't pay for packaging and handling. And you only buy how much you need.

Use coupons and sales for foods you really want. A food isn't a bargain if no one eats it!

Getting Food Assistance

Food programs in your community offer help for families who need it. **Here are some handy phone numbers:**

Food Stamp office:

WIC office:

Food pantry:

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Smart Shopping Tips

To save your money, time, and energy!

- Make a shopping list.** Stick to it!
- Group foods on your list to match the store's layout.** You will shop faster and it is easier to remember everything, too.
- Use coupons and sales for foods you really want.** A food is not a bargain if no one eats it!
- Try to shop after eating, not before.** You may buy more when you are hungry.
- Leave your child with a friend or sitter if you need to.** Stores put many foods that children like, such as candy and products with prizes, where they can see and reach them.
- Shop when you have time to read labels and compare prices.**
- Try to shop just once a week.** It is easier to shop smart if you shop less often.
- Take food home right away.** Refrigerate meat, chicken, and other perishable foods so they stay fresh and safe.



Check (✓) what you do already.
Circle ○ tips you can try right away.