



1. Stick to the edge of the store. This is where the less processed foods are located.


3. Make a meal plan but be flexible if something different is on sale (ground beef vs chicken).

5. Don't shop hungry! You are more like to impulse buy unhealthy items.

2. Avoid buying individually packed products. You pay for packaging and convenience.

4. Read the fine print on deals. For deals like 10 for \$10 you may be able to buy two or three for \$1 each.

10 Tips to Shopping Smart & Healthy on a Budget



7. Stock up on items when they are on sale. Shelf stable items last for 1-2 years, freezer items last 3-6 months.

9. Compare prices of brands and look high and low (higher priced items are usually on the middle shelves at eye level!)

6. Make a grocery list. Be sure to take inventory of what you already have in your pantry!

8. Compare nutrition labels of products like you compare prices.

10. Get a grocery store rewards cards and check their in store flyer or ad for more savings.