

Laurie Bates

Create Better Health Ambassador

Grocery Shopping Tips that help save you Money!

Pick up an advertisement from the supermarket

These advertisements have weekly sales and coupons. They can save you up to 25 percent off the regular price by putting these items on our shopping list.

Shop with a list (and a calculator)

After you've planned your meals out, a good way to save money at the grocery store is to make a list of the ingredients you truly need and stick to it. "Shopping with a list ensures you buy only what you need and prevents impulse purchases.

Shop for meals, not individual items when possible

Make a meal list for the week Consult <https://www.myplate.gov/> when making a meal list to ensure that you are incorporating all the food groups. By planning the meals ahead, you are going to have for the week, you can avoid either trying to plan while you are in a crowded grocery store or panicking and buying too much or too little. A list of meals reduces stress when it's dinnertime and you have no idea what to make, or even if you have the ingredients. Convenience is the number one factor that people consider when purchasing food. A list of meals for the week will increase convenience, both because it means spending less time at the grocery store and because it will give you directions at dinnertime. If you plan meals ahead, there is less chance that you will be tempted to go out to eat, or eat an unhealthy, pre-packaged dinner. Why? Because you have already purchased food (some of which is perishable), and no one wants to waste money, especially if you are on a budget. One way to avoid overbuying and wasting food is to plan your meals in advance, so you only purchase the items you know you'll use. Drop by USU Extension office to get a free menu planning handout to get you started. In need of more recipe ideas head over to <https://createbetterhealth.org/>.

Avoid overly processed foods

Avoid foods that contain more than five ingredients, artificial ingredients, or ingredients that you cannot pronounce. That's not to say that these items don't have their place, but they should be purchased less frequently than more nutritious food

Shopping when we are hungry

If you shop hungry, you are more likely to impulse buy unhealthy items. Also avoid shopping tired or angry. Emotions always play into our food choices.

Always compare prices

The generic or store brand is not always cheaper (although it usually is). Also, make sure that you are checking the unit price, not the price per container. The unit price sticker is usually posted on the shelf below the food item. The shelf tag shows the total price (item price) and price per unit (unit price) for the food item.