CREATE SNAP-ED BETTER HEALTH™

Grocery Shopping Tips

PLAN YOUR MEALS

before shopping

CREATE A SHOPPING LIST

and stick to your list

DON'T SHOP WHEN YOU'RE HUNGRY

Eat a snack or meal before shopping

BUY MORE FRUITS & VEGETABLES

Try canned and frozen fruits and vegetables as well as fresh

GO SHOPPING WHEN THE STORE ISN'T BUSY

so you aren't rushed into making poor choices

LOOK HIGH AND LOW

The most expensive items are usually on the middle shelves. Look at the bottom shelves for better deals

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Learn more about
SNAP benefits

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