



Family & Consumer Sciences

*Cent&ible Nutrition Program*

*Helping Families Eat Better for Less*



## Shopping Tips

### *Start With A List*

- Make a list; do not rely on memory alone.
- List the food and quantity needed. List items together that are located near each other in the store and leave perishables and frozen foods until last.
- Avoid impulse buying by using your list. The more you visit the store, the more chances for impulse buying.
- Double check storage space for the amount and type of food to purchase.
- Avoid shopping when you're hungry, studies indicate you'll spend more money

### *Specials*

- Read food ads in the newspaper or at the store to see what is on sale.
- Food is only a bargain if: you'll use it, your family will eat it, it is cheaper than competitive products and you've considered the cost of additional ingredients needed.

### *Coupons/Rebate*

- Avoid buying products just to use a coupon! You may spend more than you would on the regularly priced item.
- Shop on the days when the store offers double value for coupons.

### *Compare Brands*

- Try different brands to see what suits your purpose and tastes.
- Look at shelves above and below eye level to find the best buy.

### *Convenience*

- Packaging, precooking, seasonings and sauces add to cost of the product.
- Consider additional foods needed to prepare ready-to-eat foods.
- Read the list of ingredients because packaged foods often contain more sodium
- Convenience items usually cost more than home-prepared foods.



---

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, in Wyoming call 800-457-3659 or contact your local social services office. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

---