



Family & Consumer Sciences

CentSible 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.



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