



# TIPS FOR BETTER NUTRITION ON A TIGHT BUDGET

**Have a plan. Shop smart.**

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## Have a plan

- Know your food budget
- Plan nutritious meals and snacks you'll **prepare at home** that include fruits, vegetables and whole grains
- Prepare a shopping list - know what you have on hand, especially perishable foods, and plan for leftovers
- Choose a competitively-priced supermarket (check prices online or in newspaper ads) that's close to home or work, with high-quality produce
- Don't shop when you're hungry
- Clip coupons and check ads for foods you know you need

## Shop smart

- Stick to your list
  - Select fresh fruits and vegetables in season; buy frozen or canned when they're not in season
  - Stay flexible - take advantage of foods on sale you know you'll eat
- Compare prices
  - Use **cost per unit** shelf stickers to compare brands and sizes
  - Look at **cost per serving** with meat; boneless lean meat (though more expensive) may be a better buy than lower priced bone-in, fattier cuts
- Balance the cost of foods with the preparation time required
  - If you won't wash, peel and chop produce, buy it already prepared
- Don't buy it unless you're sure it will be eaten
- Compare the savings of shopping at one store with some sales to the fuel and time cost involved in shopping at several stores to get better prices on every item
- Check out nearby farmers' markets for fresh, local produce, meats and other foods

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***Food Check-Out Week is February 21-27, 2010 and is sponsored by the American Farm Bureau® Women's Leadership Committee.***