



Shopping for Food on a Budget

Four Steps to Success:

- ✓ Make a food budget
- ✓ Plan meals and snacks for one week
- ✓ Create a shopping list
- ✓ Review your shopping list and budget



A Few Shopping Tips:

- ✓ Do not shop if you are tired or hungry
- ✓ Don't forget your shopping list and coupons
- ✓ Compare prices
- ✓ Get frozen and refrigerated foods last.

The Importance of a Grocery List:

With a shopping list, you will know exactly what you need. Make copies of this blank one and use it each time you have to go grocery shopping.

<u>Fresh Fruits and Vegetables</u>	<u>Canned Items</u>	<u>Grains (Bread, Cereal, rice, etc)</u>
<u>Staples and Misc.</u>	<u>Dried Beans and Peas</u>	<u>Milk, Cheese, and Yogurt</u>
<u>Meat, Poultry, Fish, and Eggs</u>	<u>Frozen Foods</u>	<u>Non-food Items</u>