

## Shopping Tips



## General Tips



### Before Shopping

- Plan your meals
- Inventory food supplies at home
- Make a list of needed items
- Look for coupons, sales, and store specials
  - Local newspaper
  - Online
- Utilize Store discount card if available



### Grains

- Look for bargains on day old bread
- Consider 100% whole grain
- Make half of your grains whole grains
- Buy regular rice and oatmeal rather than pre-packaged items
  - Save on money, sugar, and calories!



### Protein (Meat and Beans)

- Dried beans and peas
  - Good source of protein and fiber
- Lean Meats
- Chuck or bottom round roast
  - Less fat and cheaper
- Look for specials
- Buy meat in bulk packages to save money
  - Package into smaller portions at home
  - Freeze portions for later use



### General Tips

- Limit eating out
- When eating out
  - Consider early bird specials
  - Consider "2 for 1" deals
  - Order water for beverage
  - Share a meal



### During Shopping

- Don't shop when you're hungry
- Stick to your list!
- Try store brands if less costly
- Compare products utilizing unit pricing (often found on the shelf below)
- Check "sell by" dates



### Fruits

- Buy fresh fruits in season
- Shop for store specials
- Avoid pre-cut fruits
- Frozen & canned fruits have a similar nutrient content as fresh & can cost less
- Select canned or frozen fruits packed in 100% juice or lite syrup



### Vegetables

- Frozen vegetables
  - Buy in bulk for more savings
- Canned, select
  - Low sodium
  - No added salt
- Avoid pre-bagged salad mixes
  - More expensive, spoil faster
- Shop for in-season products
- Consider store specials



### General Tips

- Avoid pre-packaged meals
  - Frozen dinners
  - Pre-cut vegetables and fruits
- Set a goal of spending 10-15% of overall spending on food (MSNBC report)



### Dairy

- Choose low-fat or fat-free milk, yogurt and cheese
- Provides:
  - Same protein and calcium
  - Less fat and calories
- Check expiration dates
- Larger containers generally cost less than smaller ones
- Shop for weekly specials



### Food Safety for Leftovers

- Discard any food left out at room temperature for more than 2 hours
- Place food into shallow containers
- Refrigerate or freeze for rapid cooling
- Use cooked leftovers within 4 days
- Reheat leftovers to 165 °F



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## How to Eat Healthy on a Fixed Income



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### Dairy

- Choose low-fat or fat-free milk, yogurt and cheese
- Provides:
  - Some protein and calcium
  - Less fat and calories
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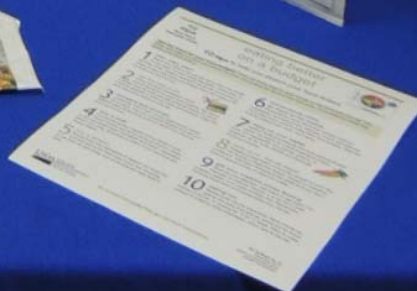
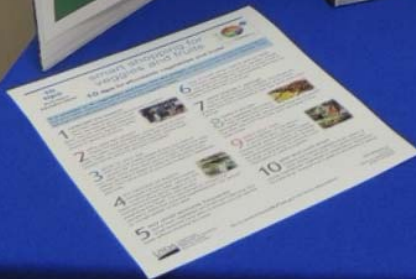
### General Tips

- Avoid pre-packaged meals
  - Frozen dinners
  - Pre-cut vegetables and fruits
- Set a goal of spending 10-15% of overall spending on food (week-to-week)



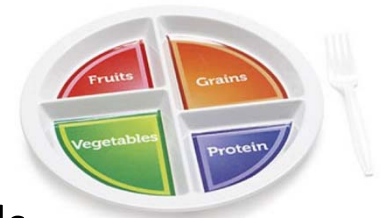
### Food Safety for Leftovers

- Discard any food left out at room temperature for more than 2 hours
- Store food into shallow containers
- Use airtight or airtight for rapid cooling
- Use cooked leftovers within 4 days
- Refreeze leftovers to 145 °F



# Materials Needed

- Tri-fold board (48"x36") or similar display area
- Printed PowerPoint slides (15) on 8"x11" card stock paper.
- Tape or push pins
- **Suggested display Items:** food packages noting "whole grain", frozen and/or canned vegetables or fruit, store brand label, food sale ad, etc.
- **Preferred Handouts:**
  - Eating Better on a Budget, <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf>
  - Smart Shopping for Veggies and Fruits <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>
  - Optional: ChooseMyPlate plate [http://www.choosemyplate.gov/images/MyPlateImages/JPG/myplate\\_green.jpg](http://www.choosemyplate.gov/images/MyPlateImages/JPG/myplate_green.jpg)
- **Food Sample Suggestions:**
  - Fruit and/or vegetables, mixed cereals for snack type foods,
- **References:**
  - ChooseMyPlate.gov; eatright.org; Iowa State University Extension.



# How to Eat Healthy on a Fixed Income



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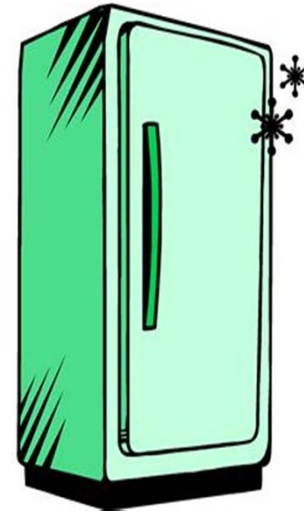


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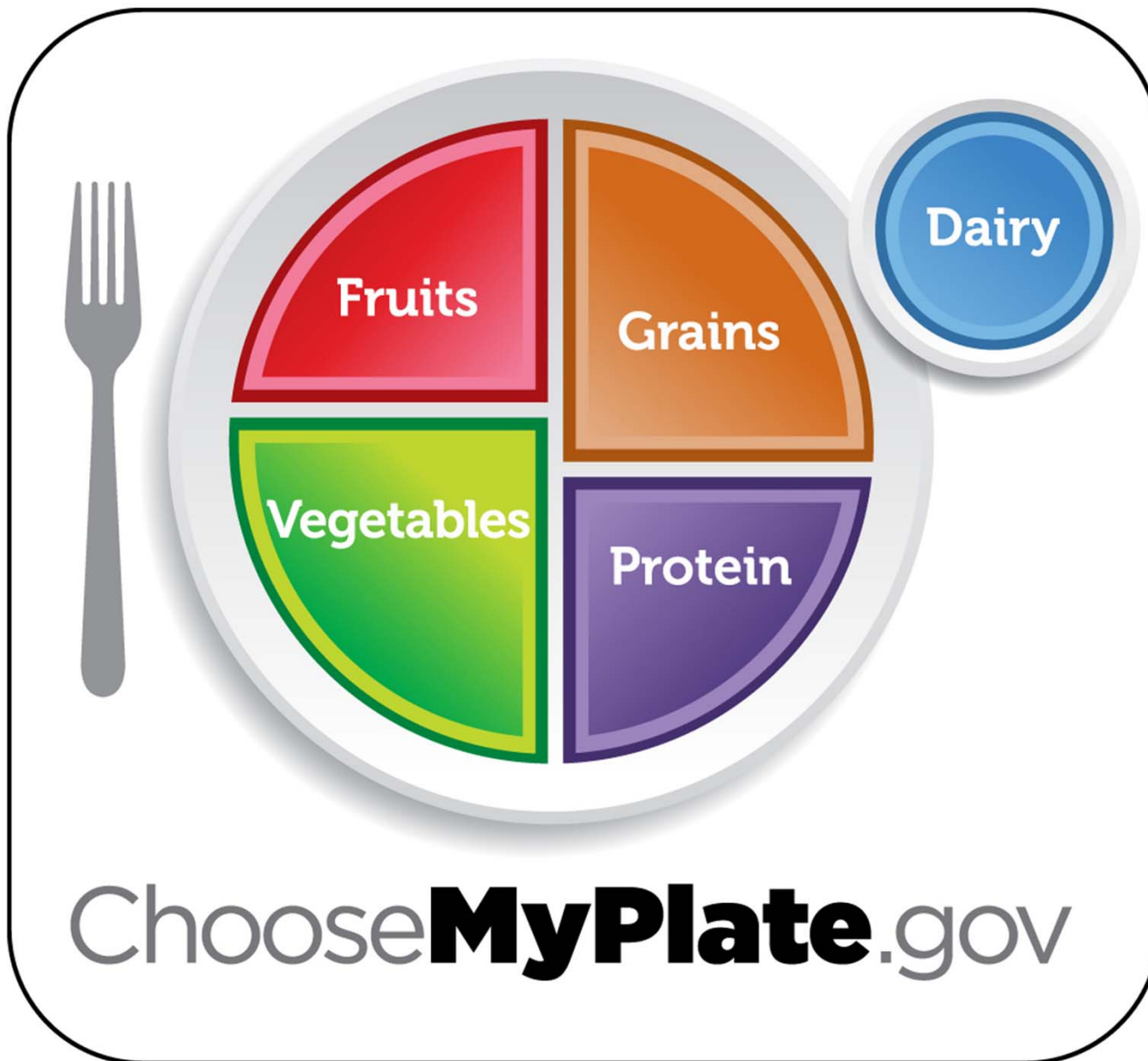
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