



At the Store - Save Money and Shop Healthy

Try some of these tips to save money and eat better!









Use ads or the store's bonus or discount card.

- Weekly ads may offer discounts on healthy foods, like fruits and vegetables.
- Store cards can save extra money.
- You may need the card to get sale prices.
- Store brands are usually cheaper.

Read and compare the Nutrition Facts label on packaged foods.

- Look at the serving size and how many servings are in the package.
- Check the nutrients in each serving and choose products with lower numbers for calories, saturated and trans fats, sodium, and sugars.
- Compare brands and package size to find the best buy.

Buy fruits and vegetables in season.

- In-season fruits and vegetables may cost less.
- Shop at local farmers markets when you can.
- If your favorite fruits and vegetables are not in season, buy canned without added sodium (salt) or frozen without added fat.

Stock up and save.

- Buy the biggest size of canned, frozen, or packaged foods to save money.
- When on sale, buy lean meat, and fat-free or low-fat milk, cheese, and yogurt.
- Buy a whole chicken and cut it up. Pre-cut chicken costs more. Take off the skin before cooking.
- Buy milk in a gallon or half-gallon, instead of smaller sizes, to save money.

If you shop with your children, make it a time to learn.

- Teach your kids to look for healthy choices.
- Let your children pick out their favorite fruits or vegetables.
- If your kids ask for high-sugar or high-fat foods, be strong, say no, and tell them why.
 They learn to make good choices from you!

Need help getting started? Turn this page over for a sample grocery list!



make smart in home or take Check out th We Can! We http://www.r	rt as a guide to help you and your family food choices. Post it on your refrigerator at e it with you to the store when you shop. The Go, Slow, and Whoa Foods Chart on the eb site to compare these to other foods: hhlbi.nih.gov/health/public/heart/obesity/	Then, make your shopping list below: Fruits
wecan/downloads/tip_grocery.pdf.		
Before shopp you need:	ping, check off which types of items	Vegetables
Fruits: Fresh, frozen, or canned in its own juice.		
_	Dles: Fresh, frozen without added nned without added sodium (salt).	
☐ Meats: S	Skinless chicken breasts or lean meats.	
■ Milk products: Fat-free or low- fat milk, cheese, or yogurt.		Meat, Poultry, Fish, Eggs, Beans and Nuts
☐ Grains: Whole-grain breads and low-sugar or sugar-free whole-grain cereals.		



Breads, Rice, Cereal, Pasta

Milk and Milk Products

Other

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.



