



Eat Smart Program
Missoula City-County
Health Department

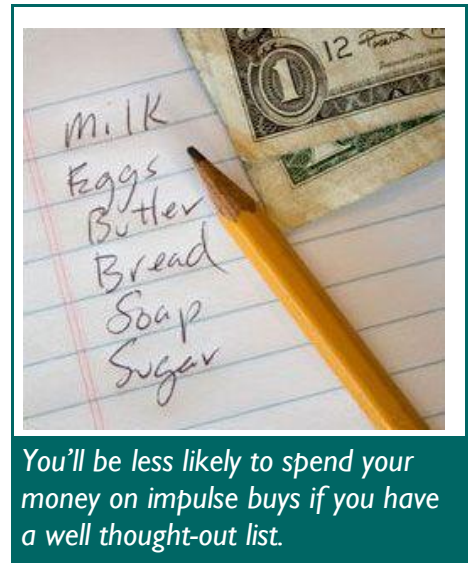
Grocery Shopping Smarts: 12 Money-Saving Tips

Before Going to the Store

- Don't shop hungry. Eat something healthy before heading to the store—even a small snack will do the trick.
- Make a list. Try to plan out meals a week at a time and list items you will need.
- Review store ads, clip coupons, and use them to plan your week of meals.

At the Grocery Store

- Sign up for bonus/discount cards if applicable.
- Try store brands. Many contain the exact ingredients as more costly 'name' brands.
- Buy in-season fruits and vegetables.
- Buy milk in large containers. Oftentimes a gallon is cheaper per ounce than smaller quart-size containers.
- Look for the unit price to compare similar foods. It tells you the cost per ounce, pound, etc., so you'll know which brand/size is the best buy. This can be found on the shelf sticker below each product.
- Stick to your list—or have a preset limit on the number of impulse buys you allow yourself.
- Stock up on staple items when they're on sale.
- Use your food budget wisely. For the price of prepackaged chips or cookies you can buy a lot of fresh fruit and other healthier foods.



You'll be less likely to spend your money on impulse buys if you have a well thought-out list.

For Later at Home

- Assemble healthy foods in small baggies for quick snacks.
- Utilize leftovers—either by eating them for meals later in the week or by freezing them for a later date.

Adapted from:

<http://www.health.gov/dietaryguidelines/dga2005/toolkit/Worksheets/SavingMoney.pdf>

For more tips go to:

www.grocerysavings.com

www.couponmom.com

301 W. Alder Street
Missoula, MT 59802

Kristin Rohfleisch, Coordinator
(406) 258-3827

rohfleischk@ho.missoula.mt.us