

# GROCERY SHOPPING MADE EASY



## 1 MAKE A SHOPPING LIST

Before going to the store, make a plan of what you are going to buy. Create a list of ingredients, meals, or recipes that you want to make for the week and stick to it! Menu planning ahead of time helps save money and avoids impulse purchasing.



## 2 SHOP THE PERIMETER

The perimeter, or outside aisles, of a store are where the healthy foods like fruits, vegetables, dairy, meat, and fish are usually located. Center aisles are where the "junk" foods lurk. Can't reach something? Don't be afraid to ask for help!



## 3 CHOOSE "REAL" FOODS

Fruits and vegetables are a must-have for every shopping trip. Spend most of your time in this section, and be sure to choose a rainbow of colors to reflect the different vitamins and minerals of each low-calorie item.



## 4 DON'T SHOP HUNGRY

Going to the grocery store with an empty belly often results in impulse purchases that may not always be the healthiest. Enjoy a light snack before heading to the store so that you can choose healthy options for your weekly menu.



## 5 USE COUPONS

In order to save some money in the checkout line, start collecting and using coupons and grocery sale ads. You can also download grocery apps on your smartphone to make the trip more efficient. Not only are these budget-friendly but they also aid in meal planning.



## 6 READ THE NUTRITION LABEL

Nutrition labels provide useful information to help you choose appropriate foods for your lifestyle. Search for items that contain low amounts of calories, added sugars, saturated and trans fat, and sodium. Items high in protein and fiber are typically smart choices.