

Ways to Shop Smart and Save



I already do this!

I want to try this
at my next
shopping trip.

Make a shopping list before I go to the store.

Cut coupons or look for sales in store flyers.

Eat before going shopping so I am not hungry at the store.

Shop on the EDGE! This outer aisle of the store where fresh wholesome foods like fruit, vegetables, meats, and dairy are kept.

Buy frozen fruit or vegetables for recipes.

Buy store brand products.

Read nutrition labels, ingredient list, and unit pricing labels.