**Eating healthy on a budget can be as easy as 1 - 2 - 3:**

<table>
<thead>
<tr>
<th>1. BEFORE you go</th>
<th>2. WHILE at the store</th>
<th>3. AFTER you return</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Plan out your menu. See what items you already have at home.</td>
<td>♦ Compare unit prices.</td>
<td>♦ Put your older food items in front and place new grocery items behind them.</td>
</tr>
<tr>
<td>♦ Make a grocery list from your planned menu. Add items to the list as you run out during the week.</td>
<td>♦ Stock up on pantry items when on sale.</td>
<td>♦ Separate bulk items into smaller portions.</td>
</tr>
<tr>
<td>♦ Read the store circulars for sales.</td>
<td>♦ Stick to your grocery list.</td>
<td>♦ Freeze items you will not be using right away.</td>
</tr>
<tr>
<td>♦ Check for coupons.</td>
<td>♦ Buy store brand items.</td>
<td>♦ Make meals that can be portioned out and frozen.</td>
</tr>
<tr>
<td>♦ Have a snack! Hungry shoppers spend 10% more on groceries.</td>
<td>♦ Shop the perimeter of the store.</td>
<td>♦ Label and date the newly portioned items so you can easily identify them in the future.</td>
</tr>
<tr>
<td>♦ Use store discount card.</td>
<td>♦ Check expiration dates and select the later dated items.</td>
<td></td>
</tr>
</tbody>
</table>

**Smart shopper tips for fruits and vegetables**

$ Buy fresh when in season. Fruits and vegetables are usually cheaper at this time.
$ Choose frozen or canned fruits and vegetables during the off-season.
$ Stock up on frozen and/or canned items when they are on sale.
$ Choose canned fruits in 100% juice.
$ Choose canned vegetables that are “no added salt”, “reduced salt” or “reduced sodium.”
How to get more for your dollar……

Comparing unit prices
Unit prices found on store shelves tell you how much the food costs per ounce (oz). It makes it easier for you to compare the actual cost of items that are store or name brand, especially when they are different sizes. The food with the lowest unit price is the best buy. For example, you may want to know which has the best price on cereal, store or name brand.

<table>
<thead>
<tr>
<th>Name Brand Cereal 16 oz.</th>
<th>Store Brand Cereal 24 oz.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit Price</td>
<td>Total Price</td>
</tr>
<tr>
<td>$0.19 per oz.</td>
<td>$3.04</td>
</tr>
<tr>
<td>$0.14 per oz.</td>
<td>$3.36</td>
</tr>
</tbody>
</table>

Getting the most from coupons and store circulars
Coupons and circulars are great for saving money, but often have special rules for the deal so be sure to read the fine print. Below are some tips to help decide if the coupon or sale is right for you.

ASK:
“Is this an item I need or will use?”

NO
Not a deal for you

YES
THINK about:
“How much do I have to purchase to get the deal?”

Then ASK:
“Is this deal worth the cost?”

NO
Not a deal for you

YES
DEAL is for you!

Stock your pantry
Stores often have sales on food items that are good to keep in your cupboard. Purchasing these items when they are on sale is a great way to stretch your dollar. These are often foods that can be used for many different meals. These items include:

- Canned or dried beans
- Low-sodium broth
- Low-sodium canned tomatoes
- Low-sodium canned vegetables
- Whole wheat pasta
- Brown rice
- Canned tuna
- Canned fruits in 100% juice

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.