

3 Steps to Help You Save Money on your Food Bill

Step 1: Before you shop

- Create a food budget
- Plan menus
- Make a shopping list
- Stockpile on items that are quick and easy to cook
- Look for sales at the store



Step 2: When you shop

- Stick to your shopping list
- Check unit prices
- Buy generic/store brands
- Read food labels
- Use coupons



Step 3: After you shop

- Store food properly
- Safely prepare food
- Double a recipe and freeze leftovers for another time
- Use up food before it spoils



Visit our website <https://web.uri.edu/community-nutrition/>
for more money saving tips when grocery shopping!



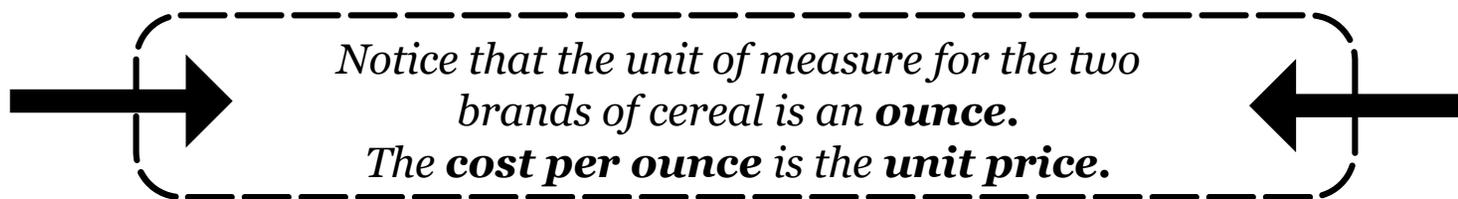
Save Money by Using the Unit Price

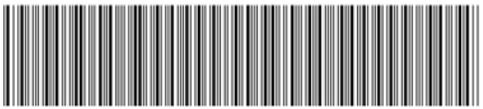


What is unit pricing? A unit price tells you how much a food costs per ounce or per pound.

Why use it? Comparing prices can help you find the best buy. You can use the unit price to compare the cost on different brands and package sizes.

Where is it found? The unit price can be found next to the item price on the store shelf. Notice the unit of measure for the two brands of cereal is ounce. The cost per ounce is the unit price.



Unit Price 14.0¢ per ounce	Total Price \$3.36
	
Store Brand Cereal 24 oz	

Unit Price 19.0¢ per ounce	Total Price \$3.04
	
Name Brand Cereal 16 oz	

1. Which cereal has the lowest **total price**? (circle one)
2. Which cereal has the lowest **price per ounce**? (circle one)
3. Which cereal is the **better buy**? (circle one)

- | | |
|--------------------|-------------------|
| Store brand | Name brand |
| Store brand | Name brand |
| Store brand | Name brand |