

Are You a Shopper or a Spender?

A **shopper** is a wise consumer who knows exactly what he or she wants to buy. A **spender** buys on impulse. Which one are you? To find out, first ask yourself how often you do each of the activities listed below.

	Always	Sometimes	Never
1. I plan my meals before I go to the store.	3	2	1
2. I check my cupboards or pantry before I shop.	3	2	1
3. I make a list of what I need before I go to the store.	3	2	1
4. I use the unit prices on the store shelves to compare costs.	3	2	1
5. I read nutrition labels.	3	2	1
6. I eat before I shop for food.	3	2	1
7. I shop about once a week.	3	2	1
8. I use weekly food ads to plan what I will buy.	3	2	1
9. I use coupons only for foods I would buy anyway.	3	2	1
10. I stock up on high-priced items when they are on sale.	3	2	1
11. I compare per-serving prices.	3	2	1
12. I plan meals using fruits and vegetables in season.	3	2	1
13. I compare name brands to store brands.	3	2	1
14. I serve high-priced meat sparingly and in small portions.	3	2	1
15. I use low-cost meat alternatives (such as beans).	3	2	1
16. I buy convenience foods only when I need them.	3	2	1

Now add up the numbers to get your shopping score. If your score is:

35 points or more: You are a shopper who is getting the most for your food dollar. Great job!

20 to 34 points: You are almost a shopper, but you may be able to save more money.

Less than 19 points: You are a spender, but doing some of the activities above can turn you into a shopper.