

## LOW-COST PROTEIN

Look for specials at the meat counter and buy what is on sale. Buy large pieces (like whole chickens and large roasts) and cut them into pieces yourself to save money.



These are good buys from the protein group:

Dried beans	Dried peas
Peanut butter	Eggs
Liver	Ground beef
Canned tuna	Frozen codfish
Turkey	Whole chicken
Chuck steak	Fresh pork

Meatless meals, even once a week, are a very economical and nutritious way to stretch the food dollar.

Aim for 5-6 ounces of protein each day.

## LOW-COST DAIRY FOODS

Low-cost foods from the dairy group include:

Nonfat dry milk  
Skim and 1% milk  
Nonfat and low-fat yogurt  
Cottage cheese  
American cheese  
Cheese in large blocks



To save money on dairy:

- Choose the largest container you can use without waste
- Shred and grate your own cheese

Try to have the equivalent of 3 cups of dairy each day for calcium.

People over the age of 2 should drink skim or low-fat (1%) milk.

## TWO SIMPLE WAYS TO SAVE ON FOOD!

- Don't shop on an empty stomach
- Don't let food go to waste—plan meals so all the food you buy gets eaten

### Fresh Corn and Tomato Salsa

- 1 cup fresh diced tomatoes
  - ½ cup corn kernels, fresh or frozen
  - ½ cup diced onion
  - 2 cloves garlic, minced
  - 2 tablespoons lime juice
  - 2 tablespoons fresh cilantro, finely chopped
  - Salt, to taste
  - Chopped jalapeno pepper (optional)
1. Combine all ingredients.
  2. Serve with tortilla chips or on top of tacos. Serves 6.

*Only 25 calories per serving and a great source of vitamin C!*

EAT WELL FOR LESS

# Change is Good....

## Especially at the Checkout Counter!



*Tips for saving money on food*

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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## PLAN YOUR MEALS!!

### WHY:

- Planning helps you buy only what you need. You will save money and waste less food.
- Planning helps you make healthier meals for you and your family.

### HOW:

- Sit down with grocery store flyers and favorite recipes.
- Write down what you will eat for each meal for the next 1-2 weeks. Plan your meals around foods on sale, foods in season, and what you already have on hand.
- Make a shopping list from your meal plan. Attach any coupons to your list and use them at checkout.
- When you shop, **STICK TO YOUR LIST!**



## LOW-COST GRAINS

Grain foods are often quite low in cost. Check labels for “100% whole grain” for added health benefit. Some low-cost grain foods include:

Cornmeal	Flour
Rolled oats	Grits
Rice	Farina
Macaroni	Noodles

Cereals like corn, wheat and bran flakes, puffed rice, oats, shredded wheat

Breads and rolls  
Whole grain crackers  
Popcorn, unpopped



To save on grain foods:

- ◆ Add your own seasonings and sauces to rice and pasta
- ◆ Buy plain cereal in large packages and add your own chopped or dried fruit to sweeten
- ◆ Look for bargains on day-old bread and pastry products

Have 5-6 ounces of grains each day, and “make half your grains whole.”

## LOW-COST VEGETABLES

Eat 2½ cups of vegetables every day for good health, and choose a variety of colors!

Good buys:

- \* Vegetables in season
- \* Vegetables on sale
- \* Plain canned and frozen vegetables such as spinach, peas, and mixed vegetables
- \* 100% vegetable juice
- \* Canned tomato products



- \* Fresh vegetables, including:

Cabbage	Carrots
Celery	Onions
Corn	Green beans
Kale, chard and other greens	
Zucchini	Broccoli
Turnips	Sweet potatoes
White potatoes	

## LOW-COST FRUITS

Buy fresh fruits in season and any fruit on sale. Buy canned fruit that is packed in its own juice instead of syrup.

These fruits can be low in cost:

Oranges	Bananas
Apples	Grapes
Mangos	Tangerines

Applesauce



Also: 100% fruit juices like orange, grapefruit, apple, grape, pineapple

100% Juice

Buy frozen juice and add your own water. Choose 100% juice instead of juice drinks—the label will tell you if it is 100% juice.

Try to have 2 cups of fruit each day.

*Tip: Mix 100% grape juice with plain seltzer for a delicious soda substitute!*