

NUTRITI N TO GO

Supermarket Savings

Going to the supermarket can be stressful, especially when you are not prepared. Below you will find some helpful tips to make your shopping easier, faster, and cheaper.



Make a List

Check your pantry and fridge to see what you need and use the weekly supermarket flyer to make your list.



Use Coupons

Check newspapers and the supermarket flyer for coupons. Many stores are switching to online coupons. If you need help, talk with the customer service team at your local supermarket.

Shop Store Brands

Store brands are similar in nutrition to name brands, but often cost less. Save money, and shop the store brands!



Shop in Season and Save

Shopping for local fruits and vegetables at the grocery store or at the farmers' market can cost less. This is because the food travels a shorter distance than out of season fruits and vegetables.



Learn more about Farm Fresh RI's
Bonus Bucks program here:

Farmfreshri.org

Double your SNAP dollars at Farm Fresh RI farmers' markets

At most local farmers' markets you are able to use SNAP benefits on items like fresh fruits, vegetables, and herbs. As a bonus, when you use your SNAP benefits you are given DOUBLE the money to use at the market on fresh fruit, vegetables and herbs. Just go to the Farm Fresh RI welcome table to double your money!

More Money Saving Tips!



THINK BEFORE YOU DRINK

Buy a reusable water bottle instead of buying bottled water. Not only is this good for the environment, but it is also good for your wallet. Limit sodas and fancy coffees to help save money.



CONVENIENCE FOODS COST MORE

Consider how much time you are really saving when buying certain foods. Whole fruits and vegetables cost less and also last longer than pre-cut fruits and vegetables.



AVOID SHOPPING WHILE HUNGRY

Everything looks good when you have an empty stomach! Eat a snack before shopping to prevent buying more than you need.



CHECK TO SEE IF THE STORE HAS A SENIOR DISCOUNT

Many stores will have certain days or times that they provide a discount to older adults. Check with the customer service team to see if your local supermarket provides one!



STOCK UP ON STAPLES

Stock up on shelf-stable staple foods such as canned tuna, pasta and canned vegetables when they are on sale.



For recipes and information about saving money at the supermarket, visit
web.uri.edu/SnapEd