

Family Food Shopping: Spend Less, Get More

You probably have your own ways to stretch your food dollar. That's great. Healthful eating doesn't cost more. It might even cost less!

Deciding What To Buy

Buy a variety of foods from the Food Guide Pyramid. Grains, cereals, breads, pasta, and rice tend to cost less than other foods. Your family needs the most servings from the bread and cereal group each day, too.

Choose smaller amounts of more costly protein foods. Beans cost less than other foods from the Meat Group.

Go easy on foods you buy from the Pyramid "tip" – sweets, fats, and oils.

Buy the amount you need, not more. Then you won't throw food away.

Figuring Out Food Costs

Check unit prices on store shelves – usually below the food. They show the price per ounce, pound, quart, or some other amount. Unit prices let you compare brands and sizes to get the best buy.



Finding More Ways To Spend Less



Buy foods from bulk bins – if you can. They usually cost less because you don't pay for packaging and handling. And you only buy how much you need.

Use coupons and sales for foods you really want. A food isn't a bargain if no one eats it!

Check the price of foods in different forms. Foods may cost more if they're partly prepared. You decide if you want to pay more to save time in the kitchen.

Getting Food Assistance

Food programs in your community offer help for families who need it. Here are some handy phone numbers:

Food Stamp office:

WIC office:

Food pantry:

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Smart Shopping Tips

To save your money, time, and energy!

- Make a shopping list. Stick to it!
- Group foods on your list to match the store's layout. You'll shop faster. It's easier to remember everything, too.
- Try to shop after eating, not before. You may buy more when you're hungry.
- Leave your child with a friend or sitter if you need to. Stores put many foods that children like, such as candy and products with prizes, where they can see and reach them.
- Shop when you have time to read labels and compare prices.
- Try to shop just once a week. It's easier to shop smart if you shop less often.



- Take food home right away. Refrigerate meat, chicken, and other perishable foods so they stay fresh and safe.

Check (✓) what you do already.

Circle ○ tips you can try right away.