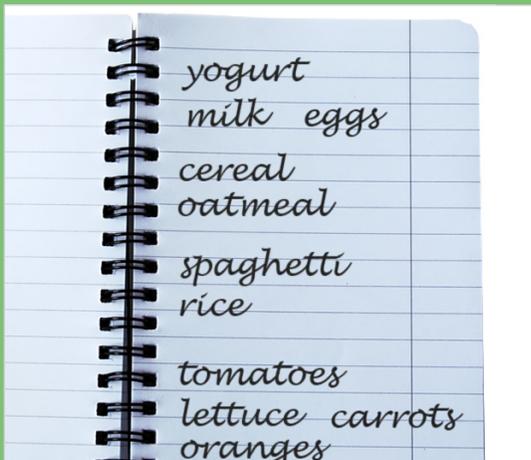


Shopping Smart



Before you shop

- Plan menus
- Make a shopping list
 - Check menus against supplies on hand
- Organize the list to match the layout of the store
- Check store ads
- Use coupons only for items you would normally buy

When you shop

- Shop alone and on a full stomach
- Stick to your shopping list
- Shop the outer aisles
- Use unit pricing to compare costs
 - Find the unit price label on the shelf edge under the package
 - Tells you the cost of one unit, like an ounce
- Buy items you need when on sale
- Look for bargains
 - Check top and bottom shelves
 - Look for bargain bins or featured items
 - Stock up on nonperishable foods when on sale
 - Buy seasonal foods
 - Try store or generic brands instead of name-brand items
 - Look for unadvertised specials
- Read labels
- Buy nonfood items at discount stores

After you shop

- Keep foods safe by transporting and storing properly
- Repackage large containers of food into smaller containers
- Keep healthy food in sight
- Plan leftovers
- Cook once and eat twice — freeze part of the meal to eat later

