

Shopping Tips

- ### Before Shopping
- Plan your meals
 - Make a list of needed items
 - Look for coupons, deals, and store specials
 - Local newspaper
 - Online
 - Utilize Store discount card if available

- ### During Shopping
- Don't Shop when you're hungry
 - Stick to your list
 - Try store brands if less costly
 - Compare products utilizing unit pricing (often found on the shelf below)
 - Check "sell by" dates



Extension

How to Eat Healthy on a Fixed Income



iGrow

General Tips

General Tips

- Limit eating out
- When eating out
 - Choose healthy options
 - Consider 2 for 1 or other deals
 - Look for happy hour



Grains

- Look for bargains on old bread
- Consider whole grain
- Half of your protein should come from grains
- Buy in bulk and freeze
 - Whole wheat flour
 - Whole wheat pasta



Protein (Meat and Beans)

- Order beans, meat, and cheese
 - Portion out
- Lean Meats
 - Chicken or turkey breast
 - Look for jumbo steaks
- Buy meat in bulk packages to save money
 - Package into smaller portions at home
 - Freeze portions for later use



Fruits

- Buy fresh fruit in season
- Shop for store brands
- Avoid pre-cut fruit
- Frozen & canned fruits have a similar nutrient content as fresh & can cost less
- Select canned or frozen fruits packed in 100% juice or lite syrup



Vegetables

- Frozen
 - Buy frozen vegetables
 - Look for deals
- Avoid frozen meals
 - More expensive, spoil faster
- Shop for in-season products
- Consider store specials



General Tips

- Avoid pre-packaged meals
- Frozen meals
- Pre-cut fruit
- Set a goal of spending 10-15% of overall spending on food (MSNBC report)



Dairy

- Choose low-fat or fat-free milk, yogurt, and cheese
- Provides:
 - Same protein and calcium
 - Less fat and calories
- Check expiration dates
- Larger containers generally cost less than smaller ones
- Shop for weekly specials



Food Safety for Leftovers



Shopping Tips

Before Shopping

- Plan your meals
- Inventory food supplies at home
- Make a list of needed items
- Look for coupons, sales, and store specials
 - Local newspaper
 - Online
- Utilize Store discount card if available

During Shopping

- Don't shop when you're hungry
- Stick to your list
- Try store brands if less costly
- Compare products using unit pricing (often found on the shelf below)
- Check "sell by" dates

Grains

- Look for bargains on day old bread
- Consider 100% whole grain
- Make half of your grains whole grains
- Buy regular rice and oatmeal rather than pre-packaged items
 - Save on money, sugar, and calories!

Fruits

- Buy fresh fruits in season
- Shop for store specials
- Avoid pre-cut fruits
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Protein (Meat and Beans)

- Dried beans and peas
 - Good source of protein and fiber
- Lean Meats
 - Chuck or bottom round roast
 - Less fat and cheaper
- Look for specials
- Buy meat in bulk packages to save money
 - Package into smaller portions at home
 - Freeze portions for later use

Vegetables

- Frozen vegetables
 - Buy in bulk for more savings
- Canned, select
 - Low sodium
 - No added salt
- Avoid pre-bagged salad mixes
 - More expensive, spoil faster
- Shop for in-season products
- Consider store specials

General Tips

General Tips

- Limit eating out
 - When eating out
 - Consider early bird specials
 - Consider "2 for 1" deals
 - Order water for beverage
 - Share a meal

General Tips

- Avoid pre-packaged meals
 - Frozen dinners
 - Pre-cut vegetables and fruits
- Set a goal of spending 10-15% of overall spending on food (national average)

Food Safety for Leftovers

- Discard any food left out at room temperature for more than 2 hours
- Place food into shallow containers
- Label, date and freeze for rapid freezing
- Use cooked leftovers within 4 days
- Refreeze leftovers for 145 °F

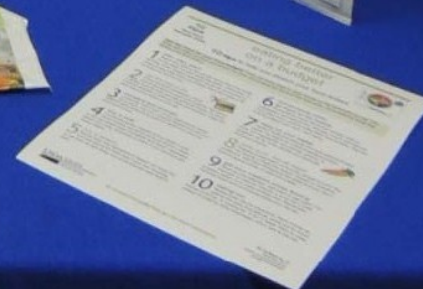
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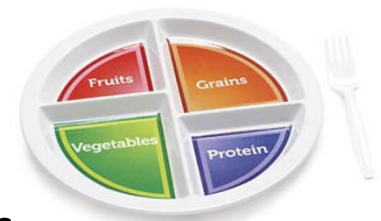
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Materials Needed

- Tri-fold board (48"x36") or similar display area
- Printed PowerPoint slides (15) on 8"x11" card stock paper.
- Tape or push pins
- **Suggested display Items:** food packages noting "whole grain", frozen and/or canned vegetables or fruit, store brand label, food sale ad, etc.
- **Preferred Handouts:**
 - Eating Better on a Budget, <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf>
 - Smart Shopping for Veggies and Fruits <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>
 - Optional: ChooseMyPlate plate http://www.choosemyplate.gov/images/MyPlateImages/JPG/myplate_green.jpg
- **Food Sample Suggestions:**
 - Fruit and/or vegetables, mixed cereals for snack type foods,
- **References:**
 - ChooseMyPlate.gov; eatright.org; Iowa State University Extension.



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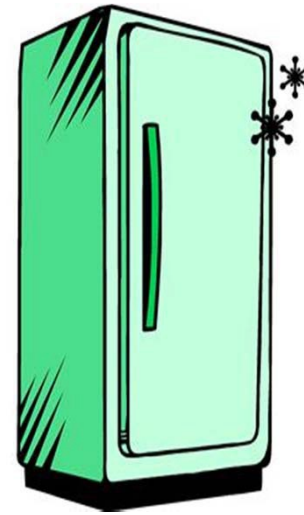


- Avoid pre-packaged meals
 - Frozen dinners
 - Pre-cut vegetables and fruits
- Set a goal of spending 10-15% of overall spending on food (MSNBC report)



Food Safety for Leftovers

- Discard any food left out at room temperature for more than 2 hours
- Place food into shallow containers
- Refrigerate or freeze for rapid cooling
- Use cooked leftovers within 4 days
- Reheat leftovers to 165 °F



Grains

- Look for bargains on day old bread.
- Consider 100% whole grain.
- Make half of your grains whole grains.
- Buy regular rice and oatmeal rather than pre-packaged items:
 - Save on money, sugar, and calories!



Dairy

- Choose low-fat or fat-free milk, yogurt and cheese.
 - Provides:
 - Same protein and calcium
 - Less fat and calories
- Check expiration dates.
- Larger containers generally cost less than smaller ones.
- Shop for weekly specials.



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Vegetables

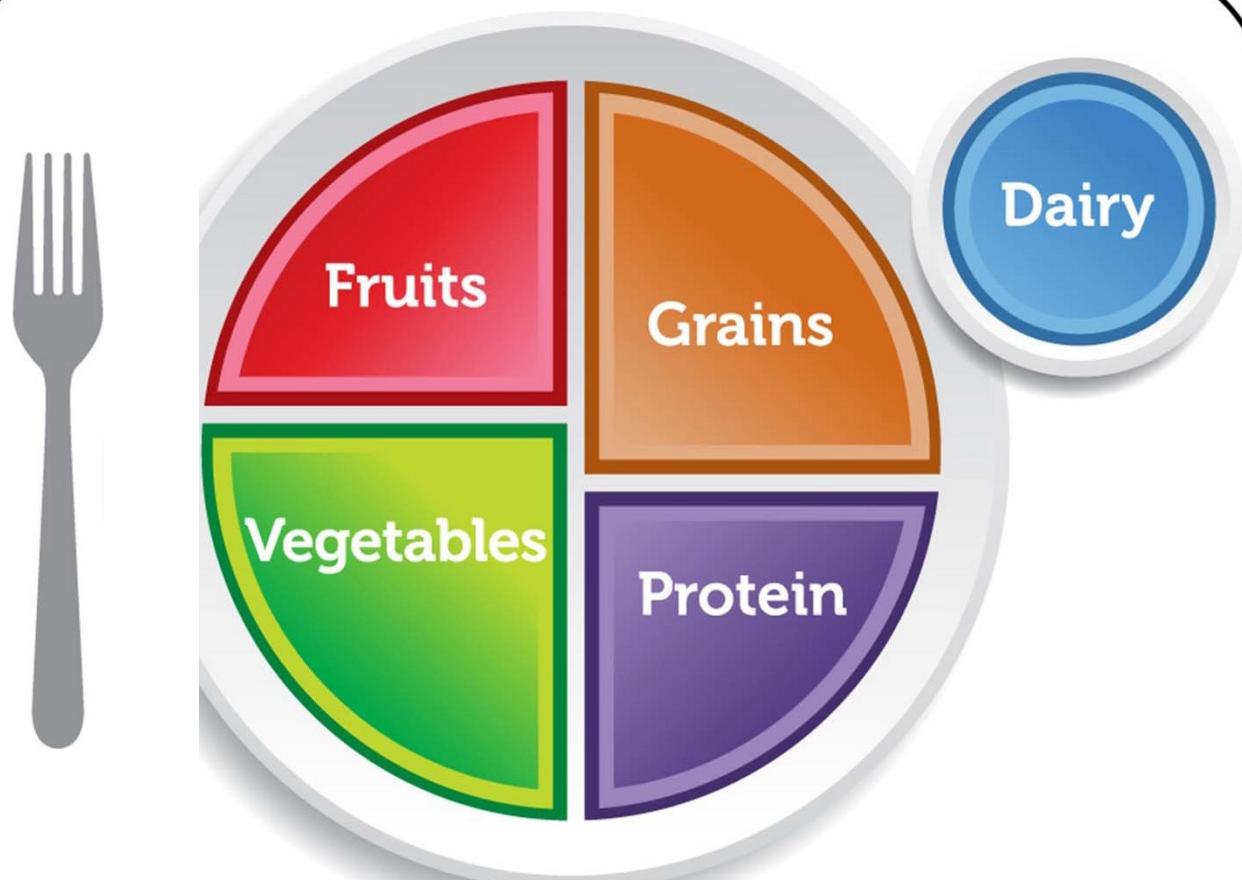
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 - More expensive, spoil faster.
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Protein (meat and beans)

- Dried beans and peas:
 - Good source of protein and fiber.
 - Lean Meats.
 - Chuck or bottom round roast:
 - Less fat and cheaper.
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- Look for specials
 - Buy meat in bulk packages to save money:
 - Package into smaller portions at home.
 - Freeze portions for later use.





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