

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



Stocking a healthy kitchen



Hectic schedules often mean there is less time for dinner. Stocking your kitchen with healthy, quick-to-fix options will make preparing a nutritious meal easier and faster than stopping at a fast-food restaurant. As a starting point, use the following list to stock your kitchen. Choose items that sound tasty and suit your family's preferences. Stock your kitchen gradually over a few weeks to avoid breaking your food budget.

Cupboard or pantry

- Canned foods
 - Fruit in juice
 - Tomatoes
 - Green chilies
 - Water chestnuts
 - Water-packed tuna
 - Chicken
 - Salmon
 - Clams or shrimp
 - A variety of beans
 - Artichoke hearts
 - Reduced-sodium broth
 - Evaporated skim milk
 - Soups
 - Spaghetti sauce
- Mixes (pancake, biscuit, cornbread or muffin)
— choose whole-grain when possible
- Pasta of different shapes and sizes
- Bulgur and rice (quick brown or white or seasoned mixes)
- Potatoes, onions or garlic
- Sauces (soy, teriyaki, Worcestershire or hot)
- Oils (canola, olive, sesame or cooking spray)
- Vinegars (cider, tarragon or balsamic)
- Honey and syrups
- Peanut butter

- Whole-grain crackers
- Bread (whole-wheat, French or pita bread)
- White and whole-wheat flour
- Herbs and spices (basil, cayenne, curry, chili powder, dill, garlic powder, ginger, oregano, rosemary, thyme, cinnamon, nutmeg or cloves)

Refrigerator

- Fresh, seasonal fruits and vegetables
- Juices, especially lemon or lime
- Cheese (Parmesan, feta, mozzarella and other reduced-fat versions)
- Salad dressings, some low-fat
- Low-fat yogurt
- Skim or low-fat milk
- Powdered buttermilk
- Eggs
- Condiments (salsa, horseradish, mustards, BBQ sauce, ketchup or light mayonnaise)
- Purchased pesto, sun-dried tomatoes, chopped garlic, roasted red peppers

Freezer

- Plain frozen fruits or vegetables
- Juices
- Lean meat, poultry or fish
- Whole-grain rolls, bagels or tortillas
- Pizza crusts
- Waffles
- Phyllo dough
- Frozen yogurt or low-fat ice cream

Adapted from Celebrate! A Healthy You, University of Missouri Extension, Linda Rellergert, Nutrition and Health Education Specialist.