

MAINE



SNAP-Ed

Healthy Eating on a Budget

SHOP

Plan Head

- Know how much money you have to spend on foods.
- Keep a list of your family's favorite recipes out where everyone can add their own favorites. This will make menu planning easier.
- Use a calendar to write out what meals you will have each day. This will help you figure out what you need to buy at the store.
- Use weekly store flyers to look for items on sale that your family usually eats.
- Plan to use the foods you already have at home first.
- Don't leave home without your list or your reusable grocery bags! Try using a grocery list app on your smart phone.

When you shop...

- Buy only the amount of food you know you can eat before it goes bad.
- Look for store brand options. They are the same quality but usually cost less.
- Choose whole-grain breads. Look for bargains on day-old varieties.
- Buy large bags of frozen vegetables.
- Buy fresh fruit in season - it generally costs less. Choose whole fruits and vegetables. Pre-cut, pre-washed, and ready-to-eat fruits and vegetables will cost much more.
- Frozen and canned fruits are available year round, can save you money, and have similar nutrition values to fresh.
- Buy low-fat or fat-free milk, yogurt, and cheese in the largest size that can be used before spoiling. Larger containers cost less per serving than smaller sizes.
- Buy the larger size of low-fat plain yogurt instead of individual flavored yogurts. Then add your own flavors by mixing in frozen fruits.
- Dried beans and peas are a good source of protein and fiber. They can last a year or more without spoiling. Some choices include beans and peas, such as kidney beans, split peas, and lentils.
- Eggs are a great low-cost high protein option and they are easy to prepare.



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