

Smart Shopping



Plan your meals and snacks for the coming week.

List the items you need.

Never go to the store when you are hungry—it is best to go after you've had a meal or snack. That way, you won't be tempted to buy food you don't need.



Shop with coupons and look for real specials—read the product comparison labels to make sure you really are getting a good deal.

Buy fruit and vegetables in season to save money on fresh produce.

Choose low-fat or skim milk and lower-fat cheeses such as mozzarella.

Buy leaner ground beef (90% lean) when it is on sale and freeze it for a later meal. Look for good prices on skinless chicken.