$$$$

Healthy Habits For Your Food Budget

- ✓ **Check off** the things you already do AND **<u>underline</u>** things you want to try.

<u>Before I shop:</u>

1. I check the **$$** in my food budget.
2. I have checked cupboards, fridge and freezer for what I have on hand.
3. I review the store ads and PLAN my menu based on sale items and what I have.
4. I make a shopping list from my menu and those items I do not have on hand.
5. I clip/pull/organize coupons for my shopping list.
6. I make sure I do not shop when I am hungry, or eat a healthy snack before I shop.

<u>While I Shop:</u>

- I know the price of items I buy often, so I can spot a sale.
- I buy store brands most often.
- I adjust my shopping list if I find items on sale.
- I compare prices using the unit pricing on the store shelves.
- I look for larger pieces of meat that I can divide and use for multiple meals.
- I know where to look for reduced items in each store I shop.
- I look above and below the eye level products to compare similar items
- I look at the nutrition labels of food-especially pre-made products.
- I use loyalty cards and pick up other coupons in the store.

<u>After I shop:</u>

- I prep food for easy use.
- I re-package items based on portion size for lunches.
- I freeze foods in the portions that I will use them.
- I use leftovers food in my meals for the week or freeze them for use later.
- I keep my freezer compartment organized.
- I make sure everyone knows the meals and snacks for the week.
- When I can, I make extra of a recipe and freeze the extra for later.