

# S-T-R-E-T-C-H Your Food Dollars!

## Compare food prices

- Use the unit pricing stickers on the grocery shelf to find the lowest prices.
- Buy store brands instead of national brands.
- Use coupons if the price is lower than the price of the store brand.
- Buy the larger size if you can use that much.



## Use a shopping list

- Write down things as you run out of them during the week.
- Read the grocery store ads to see what is on sale.
- Check to see what you have on hand.
- Plan meals and snacks before you shop.
- Make a shopping list of everything you need.
- Stick to your list when you shop.

I don't shop when I'm hungry so I don't buy extra things that aren't on my list.

I try to shop only once a week because the more often I go to the store, the more I seem to buy!



If I am shopping with my kids, I try to show them simple ways I save money at the grocery store.

I make many foods at home instead of buying expensive convenience foods.

I use coupons that will save me money.

