

## Shopping on a budget

### Food shopping tips

Use these tips to help you shop for healthy foods without spending a lot of money:

- **Make a budget and a menu for the week.** See what foods you already have at home, and then make a list of what you need to buy. Check store flyers to see what's on sale and on your list. Stick to the list when you're at the store.
- **Shop at larger grocery stores, at the farmers' market or at farm stands.** They may have better prices for fresh foods than smaller grocery stores in your neighborhood.
- **Find out if your store has a discount card.** It can help you save money on food and other products. Most discount cards are free, so get one for every store in your area.
- **Compare prices between store brands and name brands.** Often the store brands cost less.
- **Buy whole fruits and vegetables.** The ones that come already washed and cut cost more. If you can't get fresh fruit, buy frozen fruit or canned fruit that's packed in its own juice.
- **Make more than you need and freeze it for future meals.** Also, freeze unused vegetables and spices like onions, peppers, parsley and garlic.

- **Have a meatless meal now and then.** Meat is the most expensive thing on your grocery list, so have a few meals without it. For example, try rice and beans or vegetable lasagna.
- **Keep staple foods on hand at home.** These are foods that you can use for almost any meal. Examples are beans, rice, pasta, frozen vegetables, pasta sauce and peanut butter.

### Food-assistance programs

If you need help to pay for food for you and your family, find out about food-assistance programs in your area.

- **WIC** — WIC stands for Women, Infants and Children. The program works through your state government to help provide food for pregnant women, breastfeeding women, women who have had a baby within the last 6 months, and infants and children up to 5 years old. For more information or to find contact information for your state, go to [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic).
- **Supplemental Nutrition Assistance Program (SNAP)** — This program used to be called the Food Stamp Program. It helps certain U.S. citizens and some non-citizens pay for food. For more information or to find contact information for your state, go to [www.fns.usda.gov/snap](http://www.fns.usda.gov/snap).



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