

Southern University and A&M College System
AGRICULTURAL RESEARCH AND EXTENSION CENTER

NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

Nutrition Nibbles

BE A PENNY PINCHER!!!!!!

Saving money at the grocery store can be a challenge.

It can also be fun!

It feels good to save money.



Here are some ideas to get you started:

Plan, plan and plan! Check the ads in your local newspaper to see what is on sale. Plan meals for the week. Plan healthy snacks for the week.

Check your refrigerator and cupboard BEFORE going to the store.

Plan meals using the foods that you have. Don't throw away what you could use.

The most expensive food we buy is the food we throw away.

Collect low cost recipes. Get a notebook and write down your favorite recipes.

Include your simple meal ideas. You may not forget how to make these meals, but you could forget to make them.

Cozy up to your kitchen. Eat meals at home more often. More than half of our food dollars are spent on food eaten away from home. **You can save a lot of money by cooking at home.**

Shop with your list! Make a list and stick to it. Grocery stores want you to buy foods on impulse. Your shopping list will keep you on track and within your budget.

Shop around. Check out the specials at different grocery stores. Remember the price of gas – don't drive long distances to a store if the savings are not worth it.

Avoid habit buying! You may be missing some bargains if you always buy the same items at the grocery store. Look at all the shelves. There may be new products that are cheaper.

Try store brands of your favorite foods. Store brands are an easy way to save money. They usually cost less than name brands and taste as good.

Buy food at the grocery store. Check the prices at your local stores. Cleaning products and paper products may be cheaper at stores other than the grocery store.



"Linking Citizens of Louisiana with Opportunities for Success"