

Be a Good Shopper

Save money when you shop.



ALABAMA
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HE-158
Alabama Cooperative Extension System
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Are You a Go

Before going shopping, you should

- **Know how much you can spend for food.**

Put aside money or food stamps for each week.

- **Plan food you need for a week.**

Use what you have at home.

Use food that is in season.

Use food that is on sale.

- **Plan to use these foods every day:**

Vegetables and fruits

Milk and cheese

Meat, poultry, fish, dry beans, or nuts

Whole grain or enriched breads and cereals

- **Make a list to take to the store.**

List the foods you need.

List the groceries you need that are not food.



Good Shopper?

When you are shopping, you should

- **Shop only once a week.**

Shop when you are not in a hurry.

Shop when you are not hungry.

- **Take your list with you.**

Buy only the things on the list.

- **Read the labels.**

Make sure you buy what you need.

- **Check the size of the container.**

Buy the size that

—Costs less per serving

—You have room to store

—You can use before it spoils

- **Check the prices of different brands.**

Know that some brands cost less than others.

- **Check the prices of different forms.**

Frozen or canned foods may cost less than fresh.

- **Keep a record of how much each food costs.**

You can use this to

—Plan food for the next week

—Know about how much your food will cost

—Know if foods on sale are a good buy

A Good Shopper Uses the Daily Food Guide.

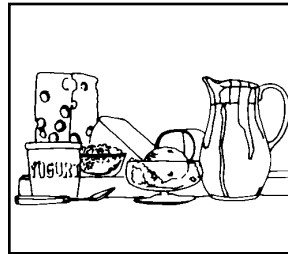
Every day plan to have the following:

Vegetables and fruits



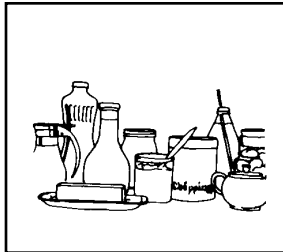
4 servings

Milk and cheese



2 to 4 servings

Fats and sweets



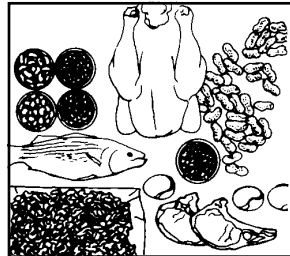
Very little

Whole grain or enriched breads and cereals



4 servings

Meat, poultry, fish, dry beans, or nuts



2 servings

A Good Shopper plans the food the family needs for morning, noon, and evening.

A Good Shopper plans good snacks for the children.



Evelyn Crayton, *Extension Foods and Nutrition Specialist*, Professor, Nutrition and Food Science, Auburn University. Originally prepared by **Dorothy Overbey**, former *Specialist in Consumer Education*.

For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, by the Alabama Cooperative Extension System (Alabama A&M University and Auburn University)

6M06, Revised June 2003, HE-158