

# GROCERY SHOPPING

## Healthy Eating on a Budget

Try out the following tips, tricks and strategies to help you save time and money when you're shopping for groceries!

### CREATE YOUR LIST

1. **Write it down.** What food or ingredients do you need to make your planned meals/snacks? What staples are you low on?
2. **Cross it out.** What do you already have at home?
3. **Organize it.** Write your list in the order that you walk through the store/market.

### SHOPPING TIPS:

- Eat before you go
- Check for coupons/rewards
- Locate budget grocery stores nearby
- Stick to your list
- Compare prices
- Choose the store brand
- Check out Gator Groceries
- Apply for CalFresh; if eligible, you'll receive \$234 or more every month to spend on groceries!

## BUDGET TIPS: THE NOURISHING 4

### STARCH/CARB

- Cook it yourself
- Buy in bulk
- Create your own snack packs
- Freeze bread products

### PROTEIN

- Incorporate plant proteins
- Buy frozen meat/poultry
- Try canned/pouched seafood

### FATS

- Go for basic or store brand oils
- Incorporate nut butters
- Buy nuts and seeds in bulk

### FIBER (FRUIT/VEG)

- Go for in-season, conventional
- Buy whole and cut it yourself
- Plan ahead to avoid excess
- Choose frozen & canned