

# GROCERY SHOPPING

## NOURISHING YOUR BODY ON A BUDGET

First step: meal planning. Second step: grocery shopping! Try out the following strategies and tips to help you save time and money and reduce stress when you're shopping for groceries.

### CREATE YOUR GROCERY LIST:

- Write it down.** What food or ingredients do you need to make your planned meals and snacks? What staples are you low on (e.g. rice, beans, eggs)?
- Cross it out.** What do you already have at home? Shop your pantry, fridge, and/or freezer first.
- Organize it.** Write your list in the order that you walk through the store/pantry to save time.

### BUDGET-FRIENDLY SHOPPING TIPS:

- Enjoy a meal/snack beforehand
  - Check for coupons and rewards
  - Compare prices (unit price)
  - Try canned and frozen fruits and vegetables
  - Opt for canned seafood
  - Choose the store brand
  - Buy staple items in bulk (if able)
- Visit Gator Groceries each week for free food
  - Apply for CalFresh; eligible students receive money every month for groceries
  - Download the TooGoodToGo app to find discounted groceries in the city