



Spending Less, Eating Better

A Shopper's Guide

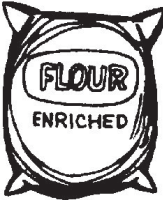


28 summary tips for saving money when buying food are offered.

- Circle 3 tips that you will put into action this week.
- Add on other tips you find useful in the following weeks.
- Keep practicing the tips you find useful until they become habits.
- Add any other useful tips in the blank boxes at the end.

<p>1. WEEKLY SHOPPING PLAN</p> <ul style="list-style-type: none"> • Divide grocery money into weekly amounts. • Take only the amount of food monies you plan to spend. 	<p>2. CHECK NEWSPAPER ADS</p> <ul style="list-style-type: none"> • Watch for sale items. • Buy extra staples when the price is low. 	<p>3. CHECK YOUR INVENTORY</p> <ul style="list-style-type: none"> • Check your refrigerator, freezer and cupboards for foods and supplies you have at home.
<p>4. EAT BEFORE YOU SHOP</p> <p>Hints about Keikis:</p> <ul style="list-style-type: none"> • Shop when rested. • Shop when less crowded. • Allow keiki to add one item to your shopping list. 	<p>5. USE STORE OR BRAND COUPONS</p> <ul style="list-style-type: none"> • Use for foods you need when the price is right. • Take coupons when shopping. 	<p>6. KNOW STORE LAYOUT</p> 
<p>7. BE AWARE OF MARKETING TECHNIQUES</p> <ul style="list-style-type: none"> • End of aisle displays. • Items at checkout counter. • Sweet cereals at children's eye-level. 	<p>8. RESIST BUYING EXTRAS</p> 	<p>9. LIMIT CONVENIENCE FOODS</p> <ul style="list-style-type: none"> • Prices are higher and often nutrients are lower. • Example, frozen prepared meals may have added fat, salt and sugar.
<p>10. READ THE LABELS</p> <ul style="list-style-type: none"> • Look for: <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Nutrition Facts Serving Size Servings Per Container <hr style="border: 1px solid black;"/> Amount Per Serving</p> </div>	<p>11. SEE THE LIST OF INGREDIENTS</p> <ul style="list-style-type: none"> • Ingredients are listed in order from the most to the least amount found in the product 	<p>12. CHECK DATES FOR FRESHNESS</p> <ul style="list-style-type: none"> • Dates on packages tell you when a food was packed or the last day the store can sell it.
<p>13. EAT MEAT LESS OFTEN</p> <ul style="list-style-type: none"> • Meats can be expensive and high in fat. • Use beans, lentils or tofu more often for family meals. 	<p>14. BEST BUYS IN MILK</p> <ul style="list-style-type: none"> • Non-fat, dry milk and evaporated skim milk are especially good in cooking. 	<p>15. CHOOSE BROWN OR ENRICHED RICE</p> <ul style="list-style-type: none"> • These contain more nutrients and fiber.

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<p>16. PLAN MEALS AROUND SPECIALS</p> <ul style="list-style-type: none"> • If ground beef and chicken are on sale, how about chili and roast chicken for two dinners? 	<p>17. MAKE A SHOPPING LIST</p> <ul style="list-style-type: none"> • Make your shopping list based on your meal plan, inventory and specials. 	<p>18. KNOW YOUR PRICES</p> <ul style="list-style-type: none"> • Choose one or two stores with the best prices. • Check open markets and wholesale outlets. 		
<p>19. STOCK UP ON SALE ITEMS</p> 	<p>20. COMPARE PRICES</p> <ul style="list-style-type: none"> • Compare prices of fresh, frozen and canned fruits and vegetables. Net weight includes liquid in the can. 	<p>21. BE SURE TO CHECK</p> <ul style="list-style-type: none"> • scanner for price errors • receipt for accuracy • your change before leaving the store 		
<p>22. USE UNIT PRICING</p> <table border="1" data-bbox="120 930 553 1108"> <tr> <td>Unit Price \$.20 per oz.</td> <td>Total Price \$2.40 12 oz.</td> </tr> </table>  <p>Snappy Rice Cereal</p>	Unit Price \$.20 per oz.	Total Price \$2.40 12 oz.	<p>23. TRY STORE BRANDS</p> <ul style="list-style-type: none"> • Value • Lower prices • No national advertising 	<p>24. PURCHASE BREADS AT THRIFT STORES</p> <ul style="list-style-type: none"> • Bargain prices • Select 100% whole grains
Unit Price \$.20 per oz.	Total Price \$2.40 12 oz.			
<p>25. BUY FRUITS AND VEGETABLES IN SEASON</p> 	<p>26. KNOW GRADES OF MEAT</p> <ul style="list-style-type: none"> • Less expensive, lower grades of meat are great for stews, soups and stir fries, and are just as nutritious. 	<p>27. TRY GROUND TURKEY OR GROUND CHICKEN</p> <ul style="list-style-type: none"> • Economical • Less fat than regular ground beef • Tastes good 		
<p>28. START A HOME GARDEN</p> <ul style="list-style-type: none"> • Buy some seeds and grow your own vegetables. 