



Eat**Right** Ontario

Food Choices

When Money is Tight

SAVE MONEY AT THE GROCERY STORE

I often spend more money than I plan to on groceries. How can I stay within my budget?

1. Buy only what you need.
 - **Plan a menu first then make a shopping list.** This will help keep you from buying items that you don't need.
 - **Keep a list in the kitchen** to write down items that you need to buy for your menu or to restock your pantry.
 - **Pay with cash if you can.** Bring only the money you plan to spend.
 - **Avoid shopping on an empty stomach.** You might buy foods you don't need if you are hungry.
2. Buy fewer convenience items.
 - **It is best to shop at grocery stores.** Corner convenience stores are more expensive.
 - **Buy fewer prepared foods.** These items cost more and are often higher in sugar, salt and fat.
3. Look for best buys.
 - **Check store flyers** and look online for coupons.
 - **Look at the top and bottom of the shelf for lower cost foods.** Higher priced items are often placed at eye-level.
 - **Buy store or "no name" brands.**
 - **Check unit prices** to help you compare similar foods of different sizes. Most stores show the unit price on the shelf below the product.
 - **Take a close look at the items at the end of aisle displays.** They may not always be a lower price.





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Is buying food in bulk a good way to save money?

Buying foods in larger amounts can sometimes save you money. Keep these tips in mind before buying in bulk:

- **Be sure you have enough extra money and storage space to buy in bulk.**
- **Not all bulk items are best buys.** Check the unit price.
- **Buy only foods that your family will use up before spoiling.**
Dry goods like rice, pasta, couscous and frozen foods keep well.
- **Buying in bulk can sometimes lead families to overeat.**
Be careful with portions.
- **When meat and poultry are on sale and you have freezer space, buy enough to make large batch recipes.** Freeze leftovers.

Try a virtual grocery tour by visiting Healthy Eating is in Store for You at <http://www.healthyeatingisinstore.ca/>.



Questions to ask your community service provider OR contact EatRight Ontario

- How do I read the nutrition information on food labels?
- What are some family-friendly healthy and low-cost meal ideas?

Create your own menu plan on the EatRight Ontario web site at <http://www.eatrightontario.ca/en/MenuPlanner>

To find answers to your healthy eating questions or get more **Food Choices When Money is Tight** factsheets speak to a Registered Dietitian at EatRight Ontario at **1-877-510-510-2** (in Ontario) or visit www.eatrightontario.ca/en/budget

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