Money Saving Tips

- Take a look at these tips for saving money when shopping for food.
- Check off the boxes that apply to you.
- Start saving money right away by using the tips you are willing to try.

At Home:

- **Make a grocery list and stick to it.** ❑ Already do it. ❑ Will try it. ❑ Not for me.
- **Keep kitchen cabinets organized** so you don't buy what you don't need. ❑ Already do it. ❑ Will try it. ❑ Not for me.
- **Eat before going food shopping.** If you are hungry, you will be tempted to buy food not on your list. ❑ Already do it. ❑ Will try it. ❑ Not for me.
- **Watch flyers for sales** and compare prices among stores. ❑ Already do it. ❑ Will try it. ❑ Not for me.

At The Store:

- **Buy unprepared foods** instead of convenience foods. For example, buy plain frozen vegetables instead of ones with sauces. ❑ Already do it. ❑ Will try it. ❑ Not for me.
- **Buy generic foods** instead of name brands. They are just as good and usually cost less. ❑ Already do it. ❑ Will try it. ❑ Not for me.
- **Buy dried beans, peas and lentils** to make low-cost soups and casseroles. ❑ Already do it. ❑ Will try it. ❑ Not for me.

Add your own tips here:

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Just Say Yes to Fruits and Vegetables

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This information was provided by/or adapted from JSY, NYSDOH, www.jsyfruitveggies.org.

NJ SNAP-Ed eat healthy. be active