Extension News You Can Use
What to Eat?

How many times have you thought about what to eat? Does your idea of a family meal include a trip to a restaurant or drive-through? Does your food run out before you can buy more?

Eating healthy takes planning and time. But if you are willing to make the effort, you and your family will be healthier and feel better. And, you won’t be running out of food before you can afford to buy more. To eat healthy within your budget, follow these Food Shopping Tips.

1. Buy day-old bread or rolls—use them quickly, freeze them, or use them in recipes.
2. Buy unsweetened cereals. Adding a little sugar yourself costs less than buying sweetened cereal.
3. Buy store brands instead of national brands—they often cost less.
4. Choose store brands of canned fruits and vegetables to get good quality at a lower price.
5. Buy plain frozen vegetables instead of ones with special sauces or seasonings.
6. Buy a boneless chuck roast when it is on sale, to cut up for soup, stew and stir-fry.
7. Cut whole chicken into pieces yourself, it usually costs less, but not always. Compare the costs when boneless chicken is on sale.
8. Watch for special prices on meat, fish and chicken. Plan meals to use the type of meat you can buy at a good price.
9. Cut down on the amount of bacon and sausage you buy. They are more expensive than other meat when you consider their high fat content.
10. Buy dried beans, peas and lentils to make hearty, low-cost soups and casseroles.
11. Buy the largest container of milk you can use.
12. Save money by buying a block of cheese and slicing or grating it yourself.
13. Buy fewer snacks and desserts that are high in sugar and fat, and cost a lot of money.

14. Bake cookies from recipes instead of buying mixes or ready-made cookies.

15. Buy paper products, tooth paste, soaps and shampoo at a discount store, if prices are less than at the grocery store.

16. Eat before going food shopping. If you are hungry, you will be more tempted to buy foods that are not on your list.

17. Shop alone, if possible. You will be less distracted.

18. If you shop with children, help them learn to be good shoppers.

19. Learn the layout of the store you usually shop in, so you can find foods quickly.

20. Go down only the aisles where you can find foods on your list. “Sight-seeing” in other aisles may tempt you to buy something you don’t need.

21. Use a calculator to keep a total of what you are spending as you put foods in your cart.

22. Buy fruits or vegetables from a farmer.

23. Avoid foods packaged in individual servings—you pay a lot more for the extra packaging.

24. Pick your own berries, fruits or vegetables.

25. Buy fruits and vegetables that are in season.

26. Limit buying foods from the deli.

27. Use a grocery list every time you shop for food.

28. Know how much you can spend for food each week.

29. Use coupons for items you usually buy.

30. Use store loyalty cards or you will pay full price for sale items.

31. Buy foods displayed on end of the aisles only if they are really at a good price.

32. Look for in-store specials and coupons near the entrance of the store and throughout the aisles.

33. Check to see if multiple item specials are really a good price.

34. Buy foods that you use a lot in large size packages, only if you can use it all before it spoils.
35. Buy frozen juice concentrate instead of ready-to-drink juice.

36. Use an envelope to hold your coupons and list when shopping.

37. Don’t pay for food preparation that you can do yourself. For example, ground beef made into patties and vegetables that are cut and washed will cost more.

38. If the store displays unit prices on the shelves, use this information to compare cost per ounce or cost per pound.

39. Buy some foods in bulk. Bulk foods are displayed in bins so you can select and package only the amount you need.

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