

# Nutrition & Health news for families

## Smart Shopping!!

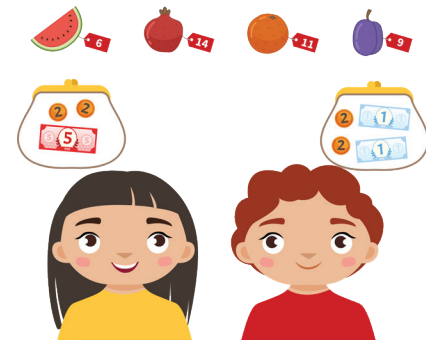
Using coupons and looking for the deals of the week are good ways to **save money** and **buy more healthy foods** for your family when grocery shopping. Here are some more tips:

### Plan Ahead

- Look in the Sunday newspaper for coupons.
- Buy foods when they are on sale, especially the “Buy One, Get One Free” items.
- Check out your local store weekly ads.
- After you know what is on sale, create a shopping list of things you need (and stick to it)!

### Eat Your Veggies (and Fruit)

- Buy fruits and vegetables like bananas, dark, green leafy vegetables, apples, carrots, cabbage, oranges, and sweet potatoes. They tend to be cheaper, last longer, and are packed with nutrients.
- Check out a local farmers market. You might be able to find cheaper fruits and vegetables.
- Buy canned fruit packed in 100% fruit juice or water.
- Buy canned vegetables that are labeled “low-sodium” or “no salt added.”
- Frozen fruits and vegetables last longer and are a quick way to add fruits and vegetables to your meal.



### Buy Smart

- Buy store brands, they usually cost less.
- Look for the family-sized or value-pack meats and freeze what you don't use.
- Buy the bigger size of low-fat plain yogurt and mix in your frozen, fresh, or canned fruit.

### Choose Healthy

- Buy canned fish items like tuna, salmon, and sardines. They can be light on your wallet and a healthy pick.
- Use brown rice and whole-grain pasta for more fiber and other nutrients.
- Skip the sodas and sugary drinks and go for water. Water has no calories and great for hydration.
- Look for the “reduced fat,” “fat-free,” or “low-fat” food items while shopping.