EATING *Healthier* FOR LESS!

Christa Campbell, *Family and Consumer Sciences agent, UGA Extension Elbert County*

Five steps to success

1. Use your spending plan or budget to determine money available to purchase food for the week.
2. Plan meals and snacks for one week.
3. Create a grocery list for the items needed.
4. Review sale ads and gather any coupons or download coupons to your store app for items on your grocery list.
5. See if local grocery store offers free online ordering and pick-up.

Tips for shopping at the grocery store

- ☑ **Have a snack** before going to the grocery store, and do not shop if you are tired or hungry.

- ☑ **Don't forget** your shopping list and any coupons.

- ☑ **Get refrigerated and frozen items last,** so that they stay as cold as possible.

- ☑ **Compare prices** of the same or similar products using unit prices (i.e., price per ounce) to be sure you are getting the best deal.

- ☑ **Buy in bulk** when it makes sense.

- ☑ **Buy items when they are in season** for better prices and quality.

- ☑ **Keep meat separate** from raw vegetables while shopping and when storing these items at home.

Tips for online grocery pick-up or delivery

☑ **Research local grocers** to see what services they offer and associated costs.

- Watch out for fees especially for deliveries.
- Many grocers that offer online grocery shopping also have apps.
- Download store apps for coupons and sale ads.
- Search for coupons or codes before signing up and before each time you shop.

☑ **Use your grocery list** to place your online order.

☑ **Be careful to watch details** like quantities (1 apple, 1 lb of apples, or 1 bag of apples) and flavors of items on your order to be sure they are correct.
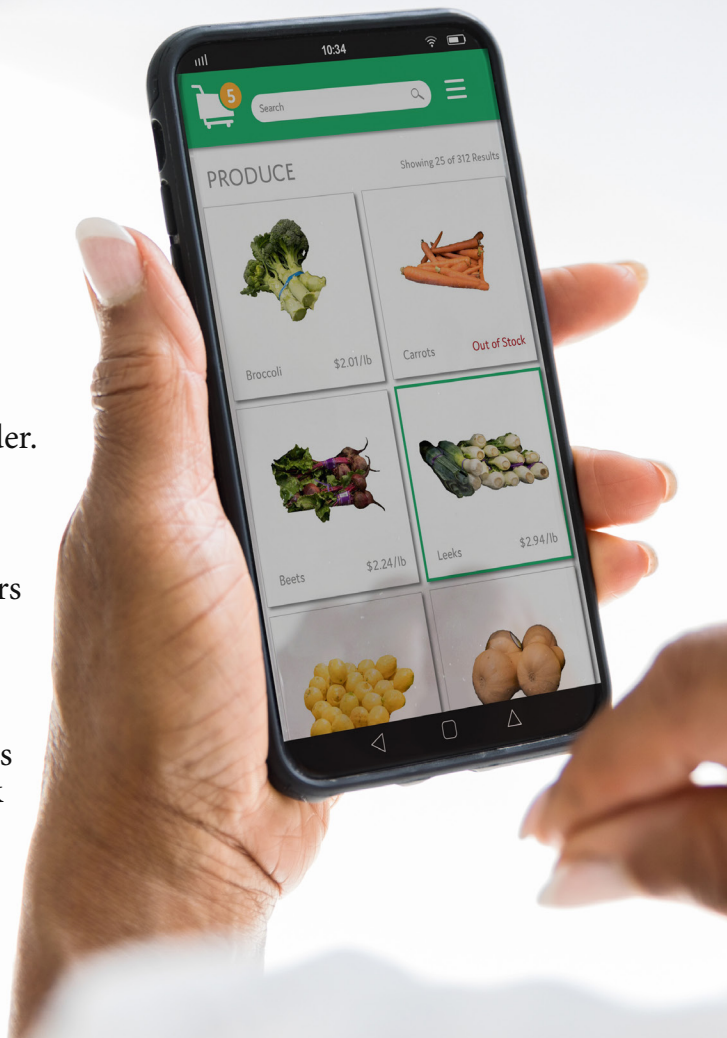
☑ **Learn the timing of your grocer.** How far in advance do you need to order your items so that they are ready for pick-up? Remember, book in advance during holidays or other busy times.

☑ **Enjoy the free time** you earned by ordering online or through the store app.

Safety tips for all shoppers

Consider travel time from the store to your home. If needed, use cold storage bags and ice to keep cold items cold.

Put cold items away first when unloading groceries to keep them at safe temperatures.

For more information, contact:

1.800.ASK.UGA1

UNIVERSITY OF GEORGIA EXTENSION

extension.uga.edu