



January 2013

San Diego County EFNEP

TIPS FOR SHOPPING:

FRUITS:

- Purchase fresh fruits in season, they usually cost less.
- Frozen and canned fruits are a smart choice year round.

VEGETABLES AND SALAD:

- Buy large bags of frozen vegetables. Seal tightly in freezer between uses.
- Avoid pre-bagged salad mixes. They are usually more expensive and spoil faster.

BREADS AND GRAINS:

- Look for bargains on day old bread. It costs less and is still nutritious.
- Buy regular rice, oatmeal and grits instead of instant, to save on money, sugar and calories.
- Go for whole-grain and brown rice. They add nutrients and variety to meals.

CONVENIENT FOODS:

- Many convenience foods cost more than making food yourself. Home prepared meals contain less fat, sugar, and salt.

HAPPY SHOPPING!

2013: New Year, New You, New Grocery List

Make a resolution you can actually stick to this year: revamp your grocery shopping habits!

Before you shop:

- Plan out nutritious meals for the week.
- Make a list of all foods you need.
- Look for store specials in newspaper advertisements.
- Scout coupons for food you plan to buy, they save money.
- Check out store brands of the same item. They may cost less.
- Shopping while hungry causes impulse & unhealthy eating. Therefore, always eat a healthy snack before.

TIPS FOR SHOPPING (CONTD):

MILK:

- Buy low-fat milk in the largest container possible (1 or ½ gallon). Larger containers usually cost less. But only buy what your family will use before it spoils.
- Non-fat dry milk is the least expensive way to buy milk. Just mix it several hours ahead and refrigerate so that it chills before drinking.

MEAT AND BEANS:

- Chuck or bottom round roast is cheaper and has less fat than sirloin. Remember to cover meat while cooking and cook meat longer to tenderize it.
- Dried beans and peas are a good source of protein and fiber, and they last a long time.
- Look for specials at the meat counter, buying meat on sale = big savings.
- Buy meat in large bulk packages. Separate and freeze portions to use later.

ALWAYS REMEMBER: Keep 2010 Dietary Guidelines in mind as you shop. Look for low-fat, low-sodium, low-sugar, whole grains, fruits, vegetables, healthy oils, and good protein.

Sources: www.health.gov/dietaryguidelines ; www.cnpp.usda.gov



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