SMART SHOPPING ON A BUDGET MEANS KNOWING WHAT TO BUY AND WHEN.

SHOP SMART AND SAVE

PLAN AHEAD

1. PLAN MEALS EACH WEEK
   - Keep recipes, grocery lists, receipts and coupons in one place for easy planning.

2. MAKE A SHOPPING LIST
   - Be specific. Note quantity needed and which coupons you have.

3. KNOW WHAT YOU HAVE
   - Inventory your pantry and fridge each week.

4. SAVE RECEIPTS
   - Each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting, if needed.

5. COLLECT COUPONS
   - Also sign up for rewards cards and e-mail/online coupons if your store has them.

AT THE STORE

1. COMPARE PRICES
   - Store-brand products may be more affordable.

2. USE COUPONS
   - But compare prices. A coupon isn’t always the best deal.

3. BUY IN BULK
   - It may save money. Just be sure you have room in your pantry/freezer.

4. SAVE WITH SEASONAL PRODUCE
   - Fruits and vegetables will stay fresh about a week. Canned or frozen will last longer, may be less expensive and can be just as healthy.

5. DON’T CHECK OUT AT CHECKOUT
   - Pay attention at the register to make sure you get discounts and savings.

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES:
HEART.ORG/SIMPLECOOKING

©2014 American Heart Association. 4/30/57#93