

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



**American Heart Association®**

life is why™

# SHOP SMART AND SAVE

## PLAN AHEAD

1

### PLAN MEALS EACH WEEK

Keep recipes, grocery lists, receipts and coupons in one place for easy planning.



4

### SAVE RECEIPTS

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



2

### MAKE A SHOPPING LIST

Be specific. Note quantity needed and which coupons you have.



5

### COLLECT COUPONS

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



3

### KNOW WHAT YOU HAVE

Inventory your pantry and fridge each week.



## AT THE STORE

1

### COMPARE PRICES

Store-brand products may be more affordable.



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.



2

### USE COUPONS

But compare prices. A coupon isn't always the best deal.



5

### DON'T CHECK OUT AT CHECKOUT

Pay attention at the register to make sure you get discounts and savings.



3

### BUY IN BULK

It may save money. Just be sure you have room in your pantry/freezer.

