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

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