
Budget savvy grocery list

With the cost of food rising, more people are asking how to afford healthy foods. Here are Examples of how to be wise and savvy with a shopping list.

- Read the per ounce price and compare products.
- Buy generic instead of brand names.
- Make a grocery list and only buy what you need.
- Plan a 5 day menu for you or your family and stick with it. Monday: Italian food; Tuesday: American food; Wednesday: Mexican food; Thursday: grill your food; Friday: make your own pizza.
- Look for the sales in the newspaper. Sometimes you can find fresh salmon on sale. It might be worth the trip to that grocery store for a Sunday meal.
- Clip coupons.
- Don't buy cookies, desserts, or other snack foods that are high in calories and sugar.
- Don't spend money on sodas or other beverages such as waters with vitamins. Use your tea bags to make iced teas.
- Drink tap water and don't spend money on water bottles.
- Buy whole wheat pasta, whole wheat bread or brown rice. You will feel fuller faster and eat less.
- Keep protein foods such as chicken and meat to 3 ounce portion which is the size of the deck of cards. Make stir fry, kabobs, cut the chicken breast lengthwise, to split into two portions.
- When shopping for food in bulk, buy frozen foods and vegetables.
- If you buy bread in bulk, or you buy it on sale, freeze them for later.
- Buy frozen seafood or fish and only cook what you need. Do the same with frozen chicken.
- Buy low sodium soups, canned vegetables with "no added salt" and canned fruits for desserts with "no sugar added."
- Buy heads of lettuce for your salad. Do your own chopping and cleaning.
- Buy canned tomatoes for your sauces and canned refried beans for your dips or burritos.
- Limit convenience foods that you know how to prepare. You can open a can of tuna and pack it for lunch. Instead of buying it already packed for you.
- Last, do not throw away any foods. Use leftovers when cooking or eat leftovers one night of the week.