

Save Money and Eat Healthy

Plan Smart

Planning meals helps you stay healthy and save money.

Make a plan for the week

1 Check what you already have on hand.

2 Look for coupons and sales and check online for deals.

3 Plan to use fresh veggies and fruit earlier in the week since they spoil faster. Use canned or frozen later in the week.

4 Try a few meatless meals per week.

5 Plan to cook extra on days when you have time. Freeze the leftovers.

6 Make a shopping list based on your meal plan.

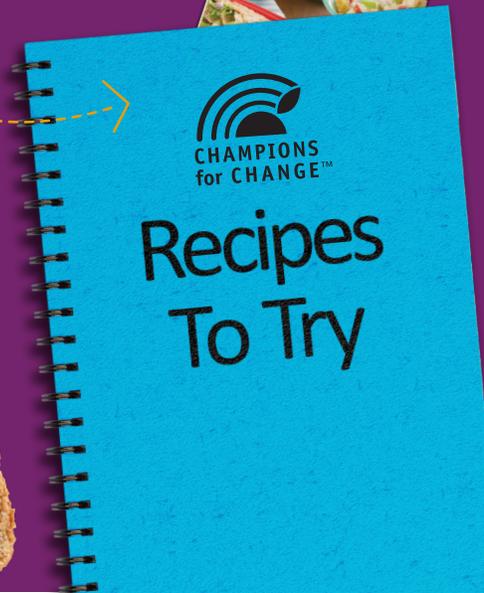


Smart Tips

Be real when you plan. What can you make quickly on busy days? Save complicated recipes for when you have more time.

Keep copies of healthy recipes you want to try.

Eat before you shop! Don't go to the grocery store hungry.



Shop Smart

Use these tips to make shopping easier and more fun.

Budget Tip

Set a limit on how much you want to spend on food each week.



Check for **coupons in racks** at the front of the store.

Stick to your shopping list.



Look to the **top and bottom shelves** for deals.

Look on the shelf to compare unit prices. Buying in bulk and family packs can cost less.

| | | |
|------------------------------|-------------------|--------------------------------|
| 18 OZ 15RI3 25 30913 | 5.99 ea | 11010125 33.3¢ PER OUNCE |
| 14.7 OZ 15RI2 25 26369 | 5.99 ea | 11010490 40.8¢ PER OUNCE |

Try the store brand.



Buy fresh produce that is **in season.**

Look for deals on canned and frozen fruits and vegetables. **They're just as nutritious but can cost less.**



Reach to the **back of the shelf** for the freshest items, especially meat and dairy products. Check expiration dates!

Sign up for your store's discount card.

Get the Most for Your Money

Here are some foods that are packed with nutrition and won't break your budget.

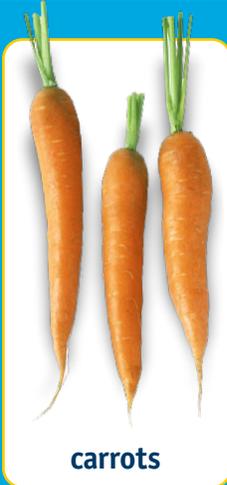


peanut butter

lentils



bananas



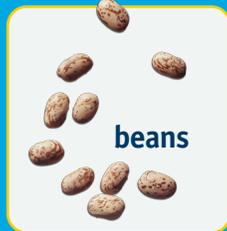
carrots



brown rice

oats

frozen vegetables



beans



whole grain pasta

fresh potatoes

canned tomatoes



apples

canned tuna



cabbage

eggs



greens

Find new ideas for healthy low-cost meals at

CaChampionsForChange.net



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer.

