

“I learned a lot of tricks to save money while I shop.”



Deanna D.

Stay-at-home mom
Two kids, ages 12
and 21

Look Around for Better Deals

Stores usually put the most expensive items at eye-level. Look on the high and low shelves for better deals.

Check Out the Bulk Bins

You can save money when buying foods in bulk. Look for dried fruits and vegetables, cereals, rice, pasta, and nuts.

Go Big

When you buy 100% juice, it's usually cheaper to get it in one big bottle instead of a lot of small juice boxes. You can get a small reusable bottle to pack juice for your kid's lunch.



For more mom-tested tips and recipes, visit www.CaChampionsForChange.net

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. •California Department of Public Health

