

“Shopping smart can save you a lot of money.”



Make a List

Plan your meals and write a shopping list ahead of time to keep from buying things you don't need. This helps you stick to your budget.

Store Brands are Cheaper

Look for generic or store brands. They can be exactly the same as name brands, sometimes even better, and they cost less.

Don't Go Hungry

Don't go grocery shopping when you are hungry. You'll be tempted to buy food loaded with fat and/or sugar.

Latisha L.

Working mom
Three kids, ages 4,
12, and 15



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

