

# Healthy Shopping on a Budget



**PLAN AHEAD:** On the weekend, plan three – four healthy dinners for the upcoming week. Make extra that can be eaten as leftovers on busy nights.

**USE WHAT YOU HAVE:** Search your pantry, fridge and freezer and take note of what's on hand.

**MAKE A LIST:** Make a list of what you need and stick to it.

**LOOK FOR SALES:** Use store flyers to plan your menu around what fruits and vegetables are on sale.

**TRY CANNED OR FROZEN PRODUCE:** Canned or frozen fruits and vegetables keep for a long time and may be less expensive per serving than fresh. Look for items made with no added sauces or sugar, or that are labeled either "low sodium," "no salt added" or "in 100% juice."

**SHOP IN SEASON:** Buying fruits and vegetables in season generally means your food not only tastes better but also costs less. Check out your local farmers' market or look for farm stands in your community. Use *Edible Allegheny's* Farmers' Market Guide to find a market near you.

**GO GENERIC:** Store brands on average are up to 28 percent cheaper and their quality is usually the same or better than name brand products.

**BUY IN BULK:** Buy in bulk when foods are on sale. Frozen and canned fruits and vegetables and some fresh items (like carrots and apples) will last a long time. If you have storage space, save money by stocking up on the foods you eat more often.

**SHOP THE PERIMETER:** Spend most of your grocery budget on foods around the outside of the store, like fruits, vegetables, low-fat dairy and lean protein. Limit your shopping in the middle aisles to staples like whole wheat pasta, rice, canned tuna and almond or peanut butter.

**COMPARE UNIT PRICES:** Use the unit price to compare similar products. This will help make sure you are getting the best deal. The unit price is the cost per a standard unit (often in ounces or pounds) and is usually found on a sticker on the shelf beneath the item. For example, a unit price may read as "\$0.16 per oz."

**DON'T SHOP HUNGRY:** People who shop when they are hungry or stressed not only tend to buy more food but also buy more unhealthy items.

**Let's Move**  
Pittsburgh



*Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens.  
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