Smart Food Shopping

Pre-reading
Questions:
• Are you a smart shopper?
• What can you do to become a smart shopper?

Definitions:
• Smart shopper – someone who plans menus and looks for good food buys.
• Menu – a list of foods that will be served at a meal.
• Convenience food – food that can be quickly and easily prepared such as vending machine sandwiches or frozen meals; usually more expensive.

Reading
Would you like to be a smart shopper? A smart shopper plans menus and looks for good food buys. Here are a few tips that can help.

Before planning your weekly menus, check what is in your cupboards and refrigerator that you can use. Then plan a menu, a list of foods that will be served at each meal and snack, for the week.

Next, check any grocery store specials and coupon offers. Each store has different specials.

Plan your meals and snacks for each day. Make a list of all the ingredients you will need.

Try to avoid buying convenience foods because of their cost. Convenience foods are easy to make, but are usually more expensive. Some examples of this are frozen meals, snacks and soft drinks. Decide if the convenience is worth the money.

Are you short on cash this week? Cut down on sizes. Larger doesn't always mean cheaper. Buy only the amount you can use. Buy only what you can store safely, before it spoils.

If you are on a tight budget, divide your food money into four envelopes. Use one envelope each week of the month. This way you will have cash to purchase groceries each week.

Remember to stick to your list. Use store coupons for really good buys. Try to shop alone. If you have children, leave them with a friend. Don't shop when you are hungry.

Adapted from Info U, University of Minnesota Extension Service

Level 4.0
Understanding

1. What is convenience food?

2. What is a menu?

3. Before you plan your menu, what should you check for?

4. What does the word \textit{avoid} mean in this story?

5. How can you make sure that you have cash to buy your groceries each week?

Writing

Choice A: Write some tips you learned about smart food shopping.

Choice B: In your own words, summarize what you have learned about smart food shopping.