

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.



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Reading

15 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.

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

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

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

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

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

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

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

234 Adapted from Info U, University of Minnesota Extension Service

Level 4.0

