Community Nutrition Education

In Your Hands

EFNEP
Expanded Food and Nutrition Education Program

Shop with a List

Having a plan for the grocery store is the best way to save time and money. Shopping with a list and sticking to it can save you 20% on your overall grocery bill. That's $20 saved for every $100 spent!

Check out these tips to help you get the most for your money:

1 **Make a budget**
Decide how much money you can spend at the store each week. Next, plan your family's menu. Don't forget about any non-food items you may need.

2 **Use a shopping checklist**
Lists (like the one of the back) are a great tool to help plan your trip to the store. Write how much you need on the line next to the item. Check the item off once you put it in your cart.

3 **Shop alone when possible**
Family members may suggest buying items that aren't in the budget or healthy meal plan. And don't shop hungry!

4 **Plan two-stop shopping**
Many non-food items, such as pet products, paper goods, and household cleaners, are often less expensive at discount stores.

5 **Be flexible with your list**
You may find fresh, local, seasonal and sale items that would work just as well into your menu as those you were planning to buy.

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CULTIVATING HEALTHY COMMUNITIES

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COLLEGE OF AGRICULTURE AND LIFE SCIENCES

Fresh Produce

☐____Apples
☐____Asparagus
☐____Avocados
☐____Bananas
☐____Bell Peppers
☐____Blueberries
☐____Broccoli
☐____Cabbage
☐____Cantaloupe
☐____Carrots
☐____Cauliflower
☐____Celery
☐____Cucumbers
☐____Eggplant
☐____Fresh Herbs
☐____Grapefruit
☐____Grapes
☐____Honeydew
☐____Kiwi
☐____Lettuce
☐____(Other Greens)
☐____Lemons/Limes
☐____Mushrooms
☐____Nectarines
☐____Onion
☐____Oranges
☐____Parsnips
☐____Peaches
☐____Pears
☐____Plums
☐____Potatoes
☐____Raspberries
☐____Spinach
☐____Strawberries
☐____Sweet Potatoes
☐____Squash
☐____Tofu
☐____Tomatoes
☐____Zucchini
☐____ _____
☐____ _____

Deli

☐____Cheeses
☐____Deli Salads
☐____Sandwich Meats
☐____Rotisserie Chicken
☐____ _____

Breads (100% whole grain)

☐____Bagels
☐____Buns/Rolls
☐____English Muffins
☐____Pitas
☐____Sliced Bread
☐____ Tortillas
☐____ _____
☐____ _____

Dairy (choose low-fat)

☐____Butter/Margarine
☐____Cheese
☐____Cottage Cheese
☐____Cream Cheese
☐____Eggs
☐____Milk
☐____Orange Juice
☐____Sour Cream
☐____Yogurt
☐____ _____
☐____ _____

Meat (choose lean meats)

☐____Beef Roast
☐____Chicken
☐____Ground Beef
☐____Ground Turkey
☐____Ham
☐____Pork Chops
☐____Pork Roast
☐____Sausage
☐____Steak
☐____ _____
☐____ _____

Seafood (twice a week)

☐____ _____
☐____ _____
☐____ _____

Frozen Foods

☐____Chicken
☐____Fish Sticks
☐____Fruits
☐____Ice Cream
☐____Pizza
☐____Vegetables
☐____Waffles
☐____ _____
☐____ _____

Condiments

☐____BBQ Sauce
☐____Jelly/Jam
☐____Ketchup
☐____Mustard
☐____Mayonnaise
☐____Peanut Butter
☐____Pickles/Relish
☐____Salad Dressing
☐____Salsa
☐____Spices
☐____Steak Sauce
☐____Soy Sauce (low sodium)
☐____ _____
☐____ _____

Grains/Pasta/Dried Beans

☐____Dried Beans
☐____Lasagna Noodles
☐____Macaroni Noodles
☐____Quinoa
☐____Rice
☐____Spaghetti
☐____ _____
☐____ _____

Cereals (whole grain)

☐____Cereal
☐____Granola
☐____Cereal/Granola Bars
☐____Oatmeal
☐____ _____
☐____ _____

Baking Needs

☐____Nuts
☐____Baking Powder
☐____Baking Soda
☐____Cooking Oil
☐____Chocolate Chips
☐____Coconut
☐____Flour (whole wheat)
☐____Sugar
☐____Syrup
☐____Vanilla Extract
☐____ _____
☐____ _____
☐____ _____

Can/Jar (no added salt/sugar)

☐____Applesauce
☐____Baked Beans
☐____Beans (black, kidney)
☐____Corn
☐____Carrots
☐____Fruit Cocktail
☐____Green Beans
☐____Mandarin Oranges
☐____Pasta Sauce
☐____Pears
☐____Peas
☐____Pineapple
☐____Raisins
☐____Soup
☐____Tomato Sauce
☐____Tuna (water packed)
☐____ _____
☐____ _____

Snack Foods (limit these)

☐____ Popcorn
☐____ _____
☐____ _____

Beverages

☐____100% Juice
☐____Coffee
☐____Tea
☐____Vegetable Juice (low sodium)
☐____ _____
☐____ _____

Pet Supplies

☐____ _____
☐____ _____

Cleaning Supplies

☐____ _____
☐____ _____

Health & Beauty

☐____ _____
☐____ _____

Other

☐____ _____
☐____ _____
☐____ _____
☐____ _____

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