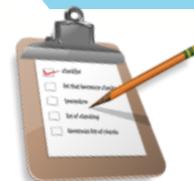


Shop with a List



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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THE UNIVERSITY OF VERMONT
EXTENSION



United States
Department of
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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

- _____
- _____
- _____
- _____