



UNIVERSITY OF
VERMONT

EXTENSION

CULTIVATING HEALTHY COMMUNITIES

In Your Hands

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 the tips below to help you get the most for your money:

1 **Make a budget** and 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 the shopping checklist** on the back to plan your weekly trip to the store. Write how much you need on the line next to the item. Don't forget to check the item off once you put it in your cart.

3 **Do your shopping alone** if possible. Family members may suggest buying items that aren't in the budget or a 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 shopping 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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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
- Meats
- Rotisserie Chicken
- Tortillas
- _____

Breads (100% whole grain)

- Bagels
- Buns/Rolls
- English Muffins
- Pitas
- Sliced Bread
- _____
- _____

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
- _____
- _____

Grains/Dried Beans

- Dried Beans
- Lasagna Noodles
- Macaroni Noodles
- Pasta Sauce
- Rice
- Spaghetti
- _____
- _____

Cereals (make it 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
- Peaches
- Pears
- Peas
- Pineapple
- Raisins
- Soup
- Tomato Sauce
- Tuna
- _____
- _____

Snack Foods

- _____
- _____
- _____

Beverages

- 100% Juice
- Coffee
- Tea
- Vegetable Juice
- _____
- _____

Pet Supplies

- _____
- _____

Cleaning Supplies

- _____
- _____

Health & Beauty

- _____
- _____

Other

- _____
- _____
- _____

UVM Extension's Expanded Food and Nutrition Education Program helps limited resource families, their children and pregnant women learn to shop smarter, eat healthier, and save money. For more information, please contact: (802) 656-2311 or 1-877-337-5826 (toll-free in Vt.) efnep@uvm.edu

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