

Tips to Selecting Budget-Friendly Meal Options

Before the Grocery Store:

- **Check your pantry** to see what you have at home before you create your shopping list
- **Scan weekly circulars for current savings**
- **Search the internet for coupons** you can use for your favorite products
- **Take an inventory of your coupons**
- **Plan your trip** by making a list of needed items before shopping online or visiting the store



In the Grocery Store:

- **Sign up for your store discount card**
- **Search local store brand products for more affordable items**
- **Buy fruits and vegetables that are in season.** They are usually fresher and less expensive. If a product is not in season, see if a frozen or canned option is available, however make sure to purchase a product with limited sodium and no added sugars.
- **If buying meat in bulk, separate and pre-portion what you buy,** and freeze in small containers featuring the date of purchase. This will save time in the long run for quick and appropriately sized meals to balance your plate as well as prevent food waste.
- **Pay attention to sales of bulk items,** such as grains including rice, quinoa, or oats
- **Check out www.choosemyplate.gov for more ideas on budgeting meals**