

SHOP HEALTHY & SAVE

BUILDING HEALTHY COMMUNITIES



Shop healthy and save money by using weekly ads that offer discounts on healthy foods, like fruits and vegetables. You can also utilize store cards to get sale prices or buy store brands to save money on nutritious foods!

SHOP SMARTER, NOT HARDER :

- In-season fruits and vegetables usually cost less
- Shop at local farmers markets when possible
- If your favorite fruits and vegetables are not in season, buy the canned version without added sodium (salt)
- Buy frozen (without added fat) - just as healthy!
- Buy the biggest size of canned, frozen or packaged nutritious foods to save money
- When on sale, buy lean, fat-free dairy
- Look at the serving sizes / how many servings per package
- Check nutrients in each serving and choose products with lower numbers for calories, saturated and trans fats
- Discuss with children why foods high in sugar / fat / salt are not the best choices - they learn to make good choices from your guidance!



STORE BOUGHT vs BROUGHT LUNCH:

Buying lunch every day may seem like a small cost, but this can add up fast! Try being creative with packing your child's lunch (and having them help!) to save money!

BOUGHT LUNCH:

COMPARE COST:

Combo meal:	
Quarter pounder with cheese	\$5.19
Large Fries upcharge	\$0.70
Mini apple pies	\$1.29

TOTAL: \$7.18

BROUGHT LUNCH:

Turkey sandwich on whole-wheat bread with mustard, lettuce, & tomato	\$1.09
Reusable water bottle	FREE
Honeycrisp apple	\$0.65
Handful of blueberries	\$0.30

TOTAL: \$2.04