

# GROCERY STORE BEST BUYS FOR COST & NUTRITION



## These tips can help you choose nutritious foods on a limited budget:

### Bread and grains:

- Look for bargains on day-old bread and bakery products.
- Buy regular rice, oatmeal and grits instead of the instant and flavored varieties.

### Vegetables and salads:

- Look for large bags of vegetables; these are often a bargain and keep well.
- Avoid foods at salad bars—they usually cost less in the produce section.

### Fruits:

- Buy fresh fruits in season, when they generally cost less.

### Milk:

- Buy fresh milk in gallon or ½ gallon containers. This is cheaper than buying quarts.
- Buy fat-free or low-fat milk to cut the amount of fat in your family's diet. (Note that children under 2 years of age should only be given whole milk.)

### Meat and poultry:

- Buy chuck or bottom round roast instead of sirloin; they have less fat and cost less.
- Buy whole chickens and cut them into serving size pieces yourself.

### Dry beans and peas:

- Use these sometimes instead of meat, poultry or fish. They cost less and are lower in fat and high in fiber.

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