

## Shopping Tips

- **Plan meals ahead.**
  - It saves time.
  - It saves money.
  - You are more likely to eat healthy meals & snacks.
- **Look at the grocery ads.** Plan your meals around the items that are on sale.

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Answer key: A: 4, 8, 10; B: 1, 2, 9; C: 3, 5, 6, 7



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# Food Shopping



## Problems and Solutions

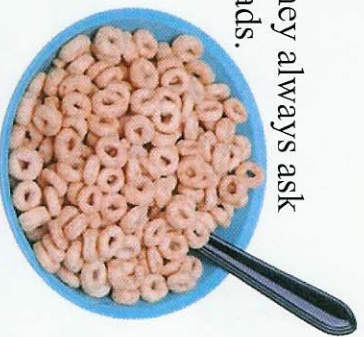
Making Every Dollar Count

2007

Here are some common food shopping problems and some possible solutions. **Match the solutions to the problems.**

## Food Shopping Problems

- A. I run out of food and money before the end of the month.  
\_\_\_\_\_  
\_\_\_\_\_
- B. I am forever dashing out to the store because I forgot to buy something I needed to make dinner.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- C. I go to the store for two food items and come out buying two bags full.  
\_\_\_\_\_  
\_\_\_\_\_
- D. When my children are with me, they always ask me to buy foods they saw on TV ads.  
\_\_\_\_\_



## Food Shopping Solutions

1. Plan meals for one week at a time.
  2. Make a list of all the items you need to buy.
  3. Don't shop when you are hungry.
  4. When you receive income, set aside enough money to feed your family until the next payday.
  5. Try to shop alone.  
Find a neighbor who also has children. Take turns watching each other's kids so you can shop alone.
  6. Check what supplies you have at home.
  7. Bring your shopping list with you to the store.
  8. Go to the food pantry for help and plan your meals around the items you are given.
  9. Make a shopping list and stick to it.
  10. Don't buy sodas and snack foods. Eat healthy foods. They are often less expensive.
- (If you need help, look at the answers on the back page.)

