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**Family Food Shopping:**

**Spend Less, Get More**



**Deciding What to Buy:**

* Prepare non-meat meals 2-3x per week
* Choose smaller amounts of more costly protein foods
* Buy less sweets, fats and oils
* Buy the amount you need and not more
* Utilize ChooseMyPlate.gov for a variety of healthy foods you can incorporate into your meal planning

**Smart Shopping Tips to Save Money, Time, and Energy!**

**Make a shopping list.** Stick to it! Group foods on your list, according to the store’s layout. You’ll shop faster. And it’s easier to remember everything also!

**Try to shop after you eat.** You may buy more when you are hungry.

**Leave your child with a friend, family member, or babysitter.** Stores put many foods children will like such as candy and products with prizes, where they can see and reach them.

**Try to shop once a week.** And shop when you have time to read labels and compare prices. It’s easier to shop smart if you shop less.

**Take food home right away.** Refrigerate meat and other perishable foods so they stay fresh and safe.

**Buy foods in bulk.** They usually cost less.

**Take advantage of coupons.** And search sale ads weekly.

**Check out the local Farmers Markets.**



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**Getting Food Assistance.** Food programs in your community offer assistance for families that need it.

* WIC Office: 616.632.7200
* DHS Food Assistance Program: https://www.mibridges.michigan.gov/access/