



Grocery Store Best Buys

for cost and 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.
- Try whole-grain bread and brown rice to add nutrients and variety to meals.

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:

- Nonfat dry milk is the least expensive way to buy milk. Be sure to mix it several hours ahead and refrigerate before serving.
- 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:

- Look for specials at the meat counter, which can mean big savings.
- 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.

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