

parent tips

At the Store – Save Money and Shop Healthy

Try some of these tips to save money and eat better!



Use ads or the store's bonus or discount card.

- Weekly ads may offer discounts on healthy foods, like fruits and vegetables.
- Store cards can save extra money.
- You may need the card to get sale prices.
- Store brands are usually cheaper.

Read and compare the Nutrition Facts label on packaged foods.

- Look at the serving size and how many servings are in the package.
- Check the nutrients in each serving and choose products with lower numbers for calories, saturated and trans fats, sodium, and sugars.
- Compare brands and package size to find the best buy.

Buy fruits and vegetables in season.

- In-season fruits and vegetables may cost less.
- Shop at local farmers markets when you can.
- If your favorite fruits and vegetables are not in season, buy canned without added sodium (salt) or frozen without added fat.

Stock up and save.

- Buy the biggest size of canned, frozen, or packaged foods to save money.
- When on sale, buy lean meat, and fat-free or low-fat milk, cheese, and yogurt.
- Buy a whole chicken and cut it up. Pre-cut chicken costs more. Take off the skin before cooking.
- Buy milk in a gallon or half-gallon, instead of smaller sizes, to save money.

If you shop with your children, make it a time to learn.

- Teach your kids to look for healthy choices.
- Let your children pick out their favorite fruits or vegetables.
- If your kids ask for high-sugar or high-fat foods, be strong, say no, and tell them why. They learn to make good choices from you!

Need help getting started?
Turn this page over
for a sample grocery list!



Use this chart as a guide to help you and your family make smart food choices. Post it on your refrigerator at home or take it with you to the store when you shop. Check out the *Go, Slow, and Whoa Foods Chart* on the **We Can!** Web site to compare these to other foods: http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip_grocery.pdf.

Before shopping, check off which types of items you need:

- Fruits:** Fresh, frozen, or canned in its own juice.
- Vegetables:** Fresh, frozen without added fat, or canned without added sodium (salt).
- Meats:** Skinless chicken breasts or lean meats.
- Milk products:** Fat-free or low-fat milk, cheese, or yogurt.
- Grains:** Whole-grain breads and low-sugar or sugar-free whole-grain cereals.

Then, make your shopping list below:

Fruits

Vegetables

Meat, Poultry, Fish, Eggs, Beans and Nuts

Breads, Rice, Cereal, Pasta

Milk and Milk Products

Other



We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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