



Grocery Shopping Tips

Grocery Shopping Tip #1: Avoid grocery shopping when you are hungry. If possible, plan trips to the grocery store after a meal or in-between meals when you are least likely to feel hungry. If we grocery shop when we are hungry, we face greater temptation to buy more items and different products than we truly need. If the only convenient or possible time to grocery shop coincides with a time that you are usually hungry, plan to pack a small snack to have beforehand. Pack nuts, dried fruit, or a banana to have on your way to the grocery store.

Grocery Shopping Tip #2: Stick to the list. It's tempting to find other products that look delicious but following your shopping list will help you stay on budget and also keep you on track with your nutrition goals. Picture grocery shopping like a scavenger hunt with only specific items to pick up during your trip. Grocery





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Shopping Tip #3: Stay flexible. Sometimes when we go to the grocery store, an item is unavailable, or a different item is available at a better price. If the nutrition is comparable, then swapping items, choosing store brands, and shopping sale items will help to meet budget goals. If an item is unavailable or out of stock, use your Nutrition 101 knowledge to make quick substitutions. This will help you avoid making multiple grocery trips to other stores for specific ingredients. Here are some examples: If you plan to pick up dried dates but the grocery store is out of stock, choose dried figs or raisins as an easy, nutritious alternative. If the grocery store doesn't sell cauliflower for your recipe, check the frozen section or substitute broccoli, cabbage, eggplant, green beans, or any other delicious vegetable you can find! Feel free to take the lead on your recipes and get creative! If you head to the store for a certain spice, but it's unavailable, try different options to add flavor to your meal! You may even have these spices already on hand for an easy substitute! Swap nutmeg for cinnamon, mustard for rice or red wine vinegar, hot sauce in place of paprika and cumin, and lemon juice in place of salty spice blends.

Grocery Shopping Tip #4: Planning meals while in your kitchen is helpful so that you can easily see what items you already have on hand. If planning meals when you are not at home fits your schedule best (while at work, at an appointment, etc.), take pictures of your refrigerator, freezer, and pantry so that you have them on hand to easily reference which items need to be purchased and which ingredients you already have at home. Grocery

Shopping Tip #5: Shopping the perimeter of the grocery store most often helps us avoid many of the packaged, processed items for sale. Grocery Shopping Tip #6: Since our goal is to fill half of our plates with fruits and vegetables, aim to fill at least half your cart with fruits and vegetables.