



# Wellness Buddy Wednesday Tip

## Money Saving Tips to Use While Food Shopping

Think about other food sources

- Farmers' markets
- Home raised animals
- Gardens

Use store advertisements/flyers to plan meals

- Healthy foods on sale may be used to plan meals for the week
- Plan ahead for meals that meet the needs of all household members, special occasions, etc.

Buy only what is on your shopping list

- Shopping with a list helps have available the food to prepare healthy meals at home
- Buy only the amount of food needed. Food that "goes bad" is money lost
- Buy food on sale if it is on the shopping list and needed
- Use coupons for food on the shopping list when available
- Avoid "impulse buying," which is buying things not planned or needed

## Limit use of ready mixes and instant food

- Ready mixes and instant food often cost more

## Buy store brands and plain labels

- Store brands and plain (generic) labels often cost less

## Buy food in season

- Food in season may cost less

## Shop when not hungry

- When a person is hungry, he/she may choose unhealthy food and/or buy more food than needed

## Also remember to shop:

- for a variety of foods needed for good health
- to offer healthy portions of foods during meals and snacks
- to fit different or new foods into your meal planning
- to be flexible during meal planning

*Have a healthy and safe week!*

Healthy Communities, Healthy People Program  
Jackson County Health Department  
P O Box 310  
3045 4th Street  
Marianna, FL 32447

Phone: 850.526.2412 ext 282  
Fax: 850.428.9564  
Email: [WellnessBuddy@doh.state.fl.us](mailto:WellnessBuddy@doh.state.fl.us)



*Providing guidance and support to make the "healthy choice the easy choice!"*