

GROCERY STORE BEST BUYS FOR COST & NUTRITION



Choosing 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.

Vegetables and fruits:

- 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.
- Buy fresh fruits in season, when they generally cost less.

Milk:

- 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:

- 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.
- Try dry beans and peas instead of meat, poultry, or fish. They cost less, are lower in fat, and higher in fiber.

Brought to you by

INTEGRITY CONSULTING GROUP

104 Interchange Plaza, Suite 202

Monroe Township, NJ 08831

Tel: (888) 737-4313

Source: U.S. Department of Agriculture
March 2018