



Shopping For Food



- Plan for how much you are going to spend on food each week, month or paycheck.
- Look to see what foods you already have at home in your refrigerator and cupboards.
- Plan meals for the entire week.
- Use grocery ads and coupons to help save money.
- Make a shopping list.
- Don't shop when hungry.
- Compare brands and unit prices of similar items to find the best buy.
- Compare cost, preparation time, cooking skills, and nutritional content when comparing convenience foods and homemade foods.

Mini-goals

1. _____

2. _____

3. _____



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