

Eight Lists to Help You Save Money on Food

Possible Money Saving Locations

- Ocean State Job Lot
- Christmas Tree Shop
- Wal-mart and Target
- Costco, BJ's, Sam's Club
- Save -A- Lot
- SAVERS
- Nationwide Liquidator's Warehouse
- Trader Joe's



Quincy WIC
617-376-8701

General Tips to Save

- Check the sale ads
- Clip coupons
- Plan meals before going to the grocery store
- Check to see what groceries you already have available
- Make a grocery list and stick to it!

Tips to Save \$\$\$

- Buy the "Value size"
- Try the store brand
- Use store discount cards
- Make food at home
- Cook large batches and freeze leftovers

How to Shop

- Shop the outer aisles for basic, fresh and less processed foods
- Shop the inner aisles for common foods that you know you use all the time
- Find the day old baked goods and the reduced fruit & vegetable section
- Avoid buying non-food items at the grocery store
- Compare the unit prices of food for the best deals

The 20 Healthiest Foods...

all under \$1 per serving

Oats
Eggs
Kale
Potatoes
Apples
Nuts
Bananas
Garbanzo Beans
Broccoli
Watermelon
Whole Wheat Pasta
Beets
Butternut Squash
Tuna Fish
Sardines
Spinach
Cabbage
Rice
Pumpkin Seeds
Evaporated Milk

Contacts-May Help with Your Food \$\$\$

Project Bread FoodSource Hotline.....	800-645-8333
SNAP Food Stamps.....	866-950-3663
Meals on Wheels.....	800-882-2003
Greater Boston Food Bank (Eastern MA)....	617-427-5200
The Food Bank of Western MA.....	413-247-9738
Fair Foods (Dollar- A- Bag program).....	617-288-6185
Women, Infants, and Children (WIC).....	800-942-1007
Summer Food Program.....	800-645-8333

Massachusetts Children's Fund www.machildrensfunfunds.com
School Meals Contact your child's school and www.fns.usda.gov/fns/

Nutrient rich & cost friendly foods for your Money \$\$\$

- Buy vegetables and fruits in season
- In the winter try the 3 cheap "C's" carrots, collards and cabbage
- Use dried fruit (in moderation)
- Check out the vegetables and fruits in the frozen and canned section
- Low fat milk with 9 essential nutrients = bargain at \$0.25 per glass

Buy & Save \$ on Meat

Ground Beef
Stew Meats
Chicken Legs