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Meal Planning: Stretching Your Dollar

To make the most of your food dollar, plan your meals. Planning meals weekly will help you:

- ▶ Save time, energy and money;
- ▶ Get adequate nutrition;
- ▶ Avoid last minute shopping.

Here are some tips to help when you shop for food:

- ▶ Make a shopping list and follow it. Avoid impulse buying.
 - ▶ Compare stores. Discount food stores and national chains usually offer better prices.
 - ▶ Shop alone and only once a week.
 - ▶ To avoid crowds, shop early in the day and early in the week.
- Don't shop when you're hungry.
- ▶ If you have the storage space, buy large size packages. Buying larger sizes may save you money.
 - ▶ Check the unit price label on the shelf to be sure.

Read food labels for ingredients and nutritional information. Compare prices. Know the price of each item before you put it in the basket.

***Take time to
plan meals, a
shopping list,
and a food
budget!***



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