



SHOP SMART EAT WELL

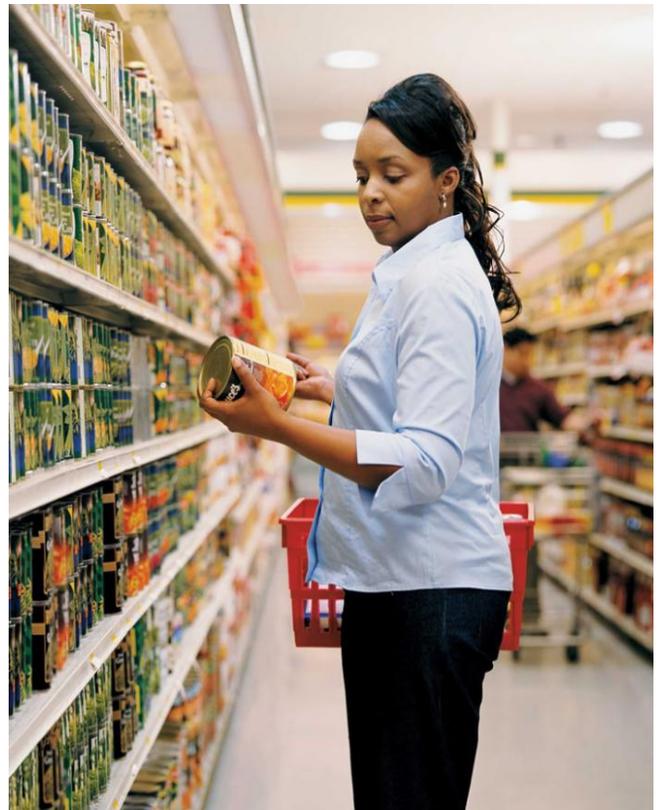
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...a quarterly bulletin from the UC CalFresh Nutrition Education Program

Grocery Shopping - Getting a Bargain

Making sure you are getting the most bang for your buck at the grocery store starts at home with planning. Plan your meals for the week. Check to see what foods you already have on hand. Look at the store ads and plan dinners by what's on sale. Plan to cook a double recipe, so you can freeze a batch for later. But even with all this planning, you can still sabotage your hard work once you get to the store. The following tips will help you save money at the market.

- **Look Up and Down:** Foods at eye level are often higher in price. Compare foods on the lower and higher shelves, too.
- **Use Unit Pricing:** Compare the price per ounce of food using the information on the front of most grocery shelves. Sometimes the larger package isn't the better deal. And even if it is, will you be able to use the larger amount before it loses quality or spoils?
- **Compare Prices of End-cap Foods:** Foods on the ends of grocery store aisles (the end caps) sometimes are on sale, but often they are not.
- **Beware of Tricky Signs:** If a sign says, "5 cans for \$10", can you buy one can for \$2? Sometimes you have to buy the full amount to get the special price. If the sign is not clear, ask.



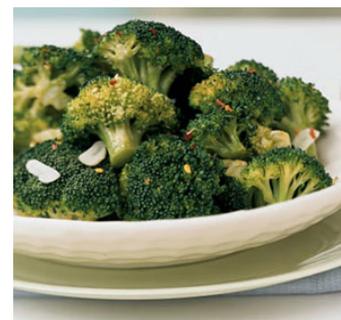
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Tips to Help Save Money *(continued)*



- **Watch Out for Food “Tie-Ins”:** Grocery stores often place foods that are served together by each other. For example, spaghetti sauce that is on sale often is surrounded by boxes of pasta. That makes it easy, but sometimes one food is bargain-priced and the other food is not. Is there a lower-priced pasta located in another aisle?
- **Buy What’s in Season:** Buying fruits and vegetables that are in season in your area will ensure you get the best price and best taste. The recipe below is good example. Broccoli is a hardy vegetable that develops best during cool seasons of the year—fall and spring.

Source: www.ag.ndsu.edu



Broccoli with Red Pepper Flakes and Toasted Garlic (4 servings)

Ingredients

- 2 teaspoons olive oil
- 6 cups broccoli florets (about 1 head)
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper
- 1 teaspoon garlic, minced
- 1/4 cup water

Directions

1. Heat olive oil in a large non-stick skillet over medium-high heat. Add broccoli, salt, crushed red pepper, and garlic. Sauté 2 minutes.
2. Add 1/4 cup water. Cover, reduce heat to low and cook for 2 minutes or until broccoli is crisp-tender. Serve.

ROGER INGRAM
COUNTY DIRECTOR

KELLEY BRIAN
YOUTH, FAMILIES AND COMMUNITIES ADVISOR

ROSEMARY CARTER
UC-CALFRESH, PROGRAM MANAGER

UC Cooperative Extension Placer and Nevada Counties

PLACER:

11477 E Avenue, Auburn, CA 95603
530-889-7385 office 530-889-7397 fax
ceplacer@ucanr.edu

NEVADA:

255 So. Auburn Street, Grass Valley, CA 95945
530-273-4563 office 530-273-4769 fax
cenevada@ucanr.edu

Website: <http://ceplacervevada.ucanr.edu>

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