



HEALTHY CHANGE

A Guide To Buying More For Your Dollar

How To Save 15% On Your Food Bill

Use Pyramid Power!

MyPyramid is a nutrition and shopping guide.

This guide recommends eating a variety of foods to have a healthy diet.

Tips:

- ◆ For a "Healthy Change," use **MyPyramid** to select a variety of foods.
- ◆ Choose less expensive foods such as whole grain bread, cereal, and pasta from the grain group.
- ◆ Serve smaller portions of more expensive protein foods.

Control Purchases in the Store

The supermarket is laid out so you spend as much as possible on what the store wants you to buy. Impulse buying may cause you to return home without the important foods in your menu plan.

Tips:

- ◆ Make a list and stick to it!
- ◆ Organize your shopping list according to store layout. You'll be more organized and save time.
- ◆ Shop after you've eaten. Hungry shoppers are more likely to buy impulse items.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

- ◆ Buy fewer sweets and fatty foods. They're more expensive and provide limited nutrition.



- ◆ Leave children and others at home if they make it hard to shop. It's easier to make buying decisions on your own.
- ◆ Shop when you have time and when the store is least busy.
- ◆ Shop for one or two weeks at a time. It's easier to control your money if you shop less frequently.

Healthy Change

Make a Meal Plan and a Shopping Plan

A good plan helps you get the most for your food dollar. Write a meal plan or menu list for the week, including all meals prepared and eaten at home. Consider family activities, leftovers and other available foods, time for preparation, sale flyers and coupons. Make a shopping list from the meal plan. Check MyPyramid for recommended servings. Include enough servings from each food group for everyone in the family.

Tips:

- ◆ Stick to your shopping list!
- ◆ Use coupons for items on the list. Buy it because you need it, not because it's a "deal."
- ◆ Buy unadvertised sale items if you have the money, if you can use them in a reasonable amount of time, and if you can store them properly.

Learn more about good nutrition and saving money at the supermarket:

The Nutrition Connections Program teaches you about:

- ◆ Foods to keep you healthy
- ◆ Planning low cost meals
- ◆ How to buy more food with food stamps
- ◆ Food Safety

Make Cost Comparisons

Prices for food items may vary a lot depending on where you shop. As a rule, convenience stores and neighborhood markets price items higher than larger supermarkets.

Tips:

- ◆ Shop at the store that gives you the most value for your dollar.
- ◆ Compare prices between different forms of the same food item. For example, which is more expensive: deli, frozen, boxed, or homemade macaroni and cheese? Remember to figure in the cost of items not included that must be added to make the food.
- ◆ Try a less expensive brand or form of a product. It may meet your needs and be the same or better quality than the more expensive form.
- ◆ Use the unit pricing information to help you. This information is located on the shelf directly below the item. It tells you the price per unit, like ounce, quart, pound, etc.

The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-852-3345 x4238.

To find out more, call UNH Cooperative Extension, Nutrition Connections Program, at 1-877-398-4769.
UNH Cooperative Extension, 315 Daniel Webster Hwy., Boscawen, NH 03303.

Belknap County
36 County Drive
Laconia, NH 03246
527-5475

Cheshire County
800 Park Ave.
Keene, NH 03431
352-4550

Grafton County
Whole Village Center
258 Highland St.
Plymouth, NH 03264
536-3720 ext. 107

Merrimack County
315 Daniel Webster Hwy.
Boscawen, NH 03303
225-5505

Strafford County
268 County Farm Road
Dover, NH 03820
749-4445

Carroll County
P.O. Box 1480
Conway, NH
03818
447-3834

Coos County
629A Main St.
Lancaster, NH 03584
788-4961

Hillsborough County
329 Mast Rd., Room 101
Goffstown, NH 03045
641-6060

Rockingham County
113 North Road
Brentwood, NH 03833
679-5616

Sullivan County
24 Main Street
Newport, NH 03773
863-9200

