

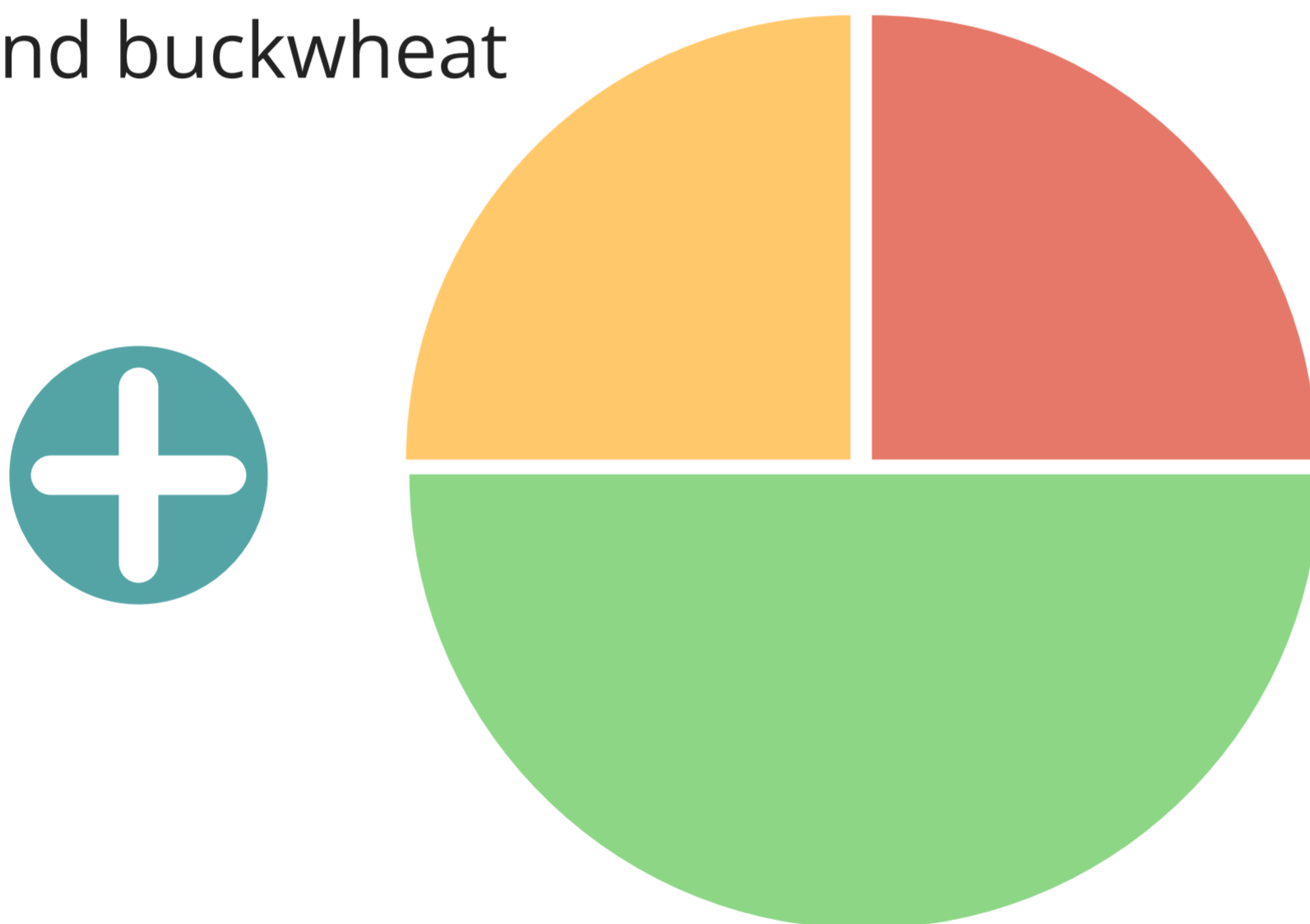
EAT WELL AND \$MART

Grains & Starches

- Choose whole grains and cook your own
- Try a bulk store to buy just what you need
- Try 100% whole grain bread, wild rice, shredded wheat cereal, whole rolled oats/steel cut oats, quinoa, bulgur, and buckwheat

Meat & Other Protein

- Try less expensive cuts of meat and marinate, pound, or slow cook
- Need only 2-3 servings the size of a deck of cards per day
- Try meatless meals - eggs, beans, lentils, soy, nuts or seeds



Calcium & Vitamin D

- Include foods such as canned tuna, salmon or sardines with the bones, navy/kidney/black beans, almonds, dried figs and tofu for calcium if you're lactose intolerant
- Salmon, tuna, and mackerel for Vitamin D

Fruits & Vegetables

- Store fruits separate from vegetables
- Do your own prep
- Buy in season fresh
- Frozen fruit and vegetables are a good option (without added seasoning)
- Canned - no added salt

\$SMART TIPS

1

Eat one meal together as a family at home

2

Plan out your meals in advance and make a grocery list with the items you'll need

3

Don't go grocery shopping on an empty stomach!

4

Check flyers/coupons/apps

5

Shop the top and bottom of the shelf

6

Check the per unit price

