

# Supermarket Savvy

Grocery shopping has evolved from cruising the aisles with a scribbled list in hand, to a more complicated process. Online grocery ordering, organic options and marketing jargon are just a few things that can confuse the average shopper. So we're breaking down the basics to help you feel prepared before your next visit to the store.

## Plan Ahead



### *Meal Plan*

Plan out all of your meals, even snacks, for the week.



### *Get Digital*

Utilize grocery apps like ZipList, Market Recipes and Grocery IQ.



### *List It Out*

Stick to your list to avoid making impulse purchases.



### *Be Cautious*

Offers and sales to buy bigger for cheaper tend to include less healthy options.



### *Eat First*

You will probably spend more money while shopping on an empty stomach.

## Familiarize Yourself



### *Park the Cart*

Walk from the end of the aisle to avoid less healthy purchases.



### *Buy Dry*

Go for healthful dried goods like whole grains, nuts, seeds and beans.



### *Shop in Season*

Seasonal fruits and vegetables are cheaper.



### *Freezer Focus*

Head to the frozen aisle for nutrient rich frozen fruits and vegetables.



### *Avoid Temptation*

Bypass tempting aisles that include candy and cookies.

## Read Labels



### *Check Portion Sizes*

Familiarize yourself with the number of portions per package.



### *Add It Up*

Look at total calories and also calories for a single serving.



### *Limit Intake*

Avoid large amounts of saturated fat, trans fat, cholesterol, sugar and sodium (goal of <5% Daily Value).



### *Increase Intake*

Up your amounts of fiber, vitamins and minerals (goal of >20% Daily Value).

# Meal Planning

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				