

NUTRITION TO GO

Supermarket Savings

Going to the supermarket can be stressful, especially when you are not prepared. Below you will find some helpful tips to make your shopping easier, faster, and cheaper.



Make a List

Check your pantry and fridge to see what you need and use the weekly supermarket flyer to make your list.



Use Coupons

Check newspapers and the supermarket flyer for coupons. Many stores are switching to online coupons. If you need help, talk with the customer service team at your local supermarket.

Shop Store Brands

Store brands are similar in nutrition to name brands, but often cost less. Save money, and shop the store brands!



Shop in Season and Save

Shopping for local fruits and vegetables at the grocery store or at the farmers' market can cost less. This is because the food travels a shorter distance than out of season fruits and vegetables.

Stock Up & Save

Stock up on shelf-stable staple foods such as canned tuna, pasta and canned vegetables when they are on sale.

Senior Discounts

Many stores will have certain days or times that they provide a discount to older adults. Check with the customer service team to see if your local supermarket provides one!