

Nutritious Foods on a Budget

Save While Shopping

Eating healthy doesn't mean you must spend a fortune while grocery shopping! Here are quick tips to save you money on nutritious foods:

1. Go to the store with a game plan. Having a list is helpful to get in and out without over-spending.
2. Don't go to the store hungry.
3. Buy fresh, frozen and canned fruits and vegetables.
4. Use store brands to save money, especially on whole grain foods.
5. Use beans, eggs and canned fish as more affordable protein sources several times each week.
6. Look at the unit price to find the best deal.



What is the Unit Price?

When looking for the cheapest items at grocery stores, different sizes of boxes and cartons can be confusing. One box of cereal may be cheaper, but the box next to it is bigger, so comparing the prices is hard. The unit price helps to compare prices so it is easier to see which items *really* save you money.

The unit price takes the price of the item and divides it by a standard unit, typically ounces or pounds. This way, you see which item is the cheapest per ounce and which is the best deal.

Grocery stores usually put the unit price on the price label so you don't have to do multiplication and division in your head. It can be small and sometimes hard to find. Next time you go to the store, check it out and see if you can get more for your money.

Looking at the example on the right it may look like the 6-oz. yogurt is cheaper, but when comparing the unit prices, one ounce of the 32-oz. yogurt is about half the price!

Quick & Healthy Snack Ideas

String Cheese
Yogurt with Fresh Fruit
Carrot or Celery Sticks
Apple Slices with Peanut Butter
Hard Boiled Eggs
Tuna Fish Sandwich

6 OZ LOW FAT YOGURT		32 OZ LOW FAT YOGURT	
UNIT PRICE	RETAIL PRICE	UNIT PRICE	RETAIL PRICE
\$0.12 per oz.	\$0.72	\$0.05 per oz.	\$1.62
			
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