



Wise Choices

Nutrition | *Grocery Shopping* | www.temple.edu/studenthealth/Nutrition.html

Tips to Save Money on Groceries

Plan Ahead

- **Check your inventory** – Look in your cabinets and refrigerator for special ingredients in the meals you plan to prepare to avoid buying duplicates.
- **Plan for snacks** – Buy snacks that you can look back on, and feel good about eating.
- **Check newspaper ads** – Plan meals around specials (weekly store ads are posted online). Buy extra staple goods when the price is low. Freeze meats purchased during a sale for later use.
- **Make a grocery list, and stick to it** – Base your list on sale items and what you need to make meals for that week. To save time, write the list to fit the store layout, sorted by aisle (dairy, produce, dry goods).
- **Plan for some vegetarian meals** – Meats are more expensive than beans, lentils and tofu.
- **Water** – Consider buying a refillable bottle to be green and save money.
- **Clip coupons** – Only take coupons to the store for the items you buy regularly.
- **Eat before you shop** – Fewer impulse buys will save you money.

At the store

- **Sign up for a preferred shopping club card** to save on sale items (Fresh Grocer, CVS, Rite-Aid).
- **Know the store layout** to save time searching for items.
- **Shop the perimeter for healthier options** in produce, meat and dairy.
- **Try store or generic brands** that have lower prices, with no national advertising.
- **Use unit pricing to compare** the 'cost per pound' on the shelf label of different brands when comparing products.
- **Buy fresh fruits and vegetables when in season.**
- **Buy frozen vegetables**, they are chopped and ready-to-eat, with a longer shelf life than fresh.
- **Read nutrition facts on the food label** to find leaner meat and turkey, cereals with more fiber and less fat and sugar.
- **Check dates for freshness.**
- **Be aware of marketing techniques** to Avoid impulse buys in the checkout lane.

Wrap-up

- **Check the receipt** for price errors and your correct change before leaving the store.

Quick tips to eat healthier

- Eat regularly throughout the day, avoid skipped meals
- Adopt a positive attitude to healthy nutrition
- Respect your body's cues. Eat when you are hungry and stop when you feel full
- Buy quick and easy foods for a breakfast on the go
- Keep a healthy snack on-hand to avoid the vending machine trap
- Choose low-fat milk, yogurt, cheese
- Choose frozen or canned vegetables with no salt added
- Buy canned fruit packed in fruit juice (not syrup)
- Choose whole grain bread and pasta, brown rice
- Freeze extra prepared food to eat next week so it doesn't spoil





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Create a Weekly Meal Plan Based on Advertised Specials

	Breakfast	Lunch	Dinner	Snack
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Temple Main Campus

The Fresh Grocer, www.thefreshgrocer.com, Progress Plaza, 1501 N. Broad Street, Hours: 6AM-12AM, 7 days a week

Fresh Produce Truck, Jefferson and 14th Street (Near Progress Plaza), Hours: Mon-Sat: 9AM-5PM

Rite Aid, www.riteaid.com, 1528 North Broad Street, Hours: Mon-Sat: 8AM-10PM Sun: 9AM-10PM,

Seven Eleven 1501 Cecil B Moore Ave, Phone: 215-763-0439

Pathmark, www.pathmark.com, 2900 North Broad St., Hours: Mon-Fri: 9AM-9PM, Sat/Sun: 6AM-1AM, Septa Bus, C Route, exit Glenwood Ave, Septa Subway North Broad Line, exit North Philadelphia Station (W Glenwood Ave/N Broad St)

Downtown Campus

Reading Terminal Market, www.readingterminalmarket.org, 12th and Arch St., Hours: Mon-Sat: 8AM-6PM, Sun 9AM-4PM, Phone: 215-922-2317, Septa Subway South Broad Street Line to Pattison, exit Race-Vine Station (10% student discount Wed. and Sun. at Iovine Brothers Produce)

Trader Joe's, www.traderjoes.com, 2121 Market St, Hours: 9AM-10PM, Phone: 215-569-9282

Septa: Subway South Broad Street Line to City Hall, transfer to Trolley, 11 Route to 22nd and Market Street or Bus Route 2 from Cecil B. Moore Ave to 17th and JFK Blvd, walk 9 minutes to Trader Joe's

Cousin's Supermarket, www.cousinssupermarket.com, 4037 N 5th St, Philadelphia, Phone: 215-223-4000

Super Fresh Food Markets, www.superfreshfood.com, 1851 S Columbus Blvd # 70, Philadelphia, PA, (215) 467-7700, 309 S 5th St, Philadelphia, PA, (215) 625-9430

Whole Foods Market, www.wholefoodsmarket.com, 929 South St, Philadelphia, PA, and 2001 Pennsylvania Ave, Philadelphia, PA 19130