

Healthy Lifestyles Newsletter

Long Island Region

Tips for Saving Money At the Super Market

Here are a few tips on how to save money:

- Only go shopping once per week.
- Avoid foods that contain more than five ingredients. You'll likely be able to make that item from scratch and it will cost less.
- **Find the best buys by checking the unit price tag.**

Most times it makes sense to buy the large size package of cereal, etc. Although its important to check the unit price.

How to read the unit price tag:

There are two ways to shop for the best deal at the grocery store!

1. Look at the **retail or shelf price**. This is the price you pay at the register for each item.
2. Look at the **unit price**. The unit price will tell you how much each item costs per pound, ounce, quart, etc.

How is the unit price found?

Unit price is found by dividing the **shelf price** by the weight or volume of the item.

Unit Price = Shelf Price/Quantity.



32 OZ LF YOGURT	
UNIT PRICE \$0.05 per oz	RETAIL PRICE \$1.62
846519725548123	

6 OZ LF YOGURT	
UNIT PRICE \$0.12 per oz	RETAIL PRICE \$0.72
84651978466639	



Below are some strategies on saving money for each food categories

Grains: Look for whole grain

Whole grain products may cost a few cents more but the nutritional value makes it a smart buy.

To get your moneys worth:

- Choose products, which list whole grain as the first ingredient. Some examples are whole wheat, whole grain corn, whole oats.
- Do not be fooled by the brown color. Companies may add a caramel color to give the product an appearance of being whole grain when in fact it is not.
- Check the nutrition label: Whole grain products usually have more than 3 grams of fiber per serving.

Protein: Practice Portion Control

Cooking more than a 2-3 ounce portion of meat per person makes us eat more than we need for our health. Meat is expensive, and filling up on meat can be a challenge for your food budget.

The amount to buy for your family is based on how much bone or fat the meat contains.

One pound serves 4 if it has no bones or fat

- Ground beef
- Stew meat
- Cubed steak
- Boneless ham
- Fish fillets

One pound serves 3 if it has some bones and fat:

- Pork chops
- Chuck roast
- Bone in Fish

One pound serves 2 when it has many bones or more fat

- Whole Chickens
- Turkeys
- Spare Ribs

Spend Smart: Rinse Higher Fat Ground Beef to Reduce Fat

When you buy ground beef that has a high percentage of fat, it is usually less expensive per pound, but it yields less meat. However; you can save with the cheaper ground beef if you rinse and drain after browning.

1. Put cooked meat in a colander, which is set over a glass bowl.
2. Fill a large cup with hot water and pour the water over the meat. Let drain
3. Use the rinsed beef or freeze it for later use.
4. Chill the bowl of drained water. Remove the fat layer and wrap it in newspaper and throw it in the trash. The left over water can be poured down the drain.

Dairy: When Shopping for Milk

Compare Unit Prices- Larger containers tend to be the best buy

- One Gallon @ 3.48=16 cups=\$.21 per cup.
- One half-gallon @ 1.99= 8 cups=\$.25per cup
- One quart @ 1.59=4 cups = \$.40 per cup

Protect your investment

- Check the "sell-By" date is the last day the grocery store should sell the milk.
- Buy the milk on or before this date.
- Milk usually holds its quality for 1 week after opening if it is kept refrigerated at 40°F or lower if the container is closed.
- Store milk in the main compartment not in the refrigerator doors to prevent spoiling.

Vegetables: Compare fresh, frozen and canned

Fresh: Buy fresh vegetables in season. When not in season, frozen or canned vegetables are often a smarter buy.

Frozen: Commercially frozen vegetables are frozen within hours and tend to retain more flavors.

Canned: Consider store brands, which are usually less expensive. Purchase "reduced sodium" versions.



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