

RIGHT BITE

**YOUR NEWSLETTER
FOR BETTER EATING**

EATING RIGHT WHEN MONEY'S TIGHT | FCS543



STRETCHING YOUR FOOD DOLLARS

Many families are concerned about the rising cost of food. It can be difficult and stressful to plan and prepare healthy meals with limited resources. Consider these 3 steps to eating right when money is tight.

STEP 1: SHOP AT HOME

Before going to the grocery store, look in your kitchen first. What foods do you already have on hand? Could you mix foods together to make a tasty and nutrition meal?

STEP 2: PLAN MEALS

Using the foods you have already, plan what recipes you will make. If you need additional items, consider what resources you have to spend on food.

Once you plan your menus and set your budget, make a new list for foods you need to buy. Remember to look for coupons, sales, and store specials when planning your meals.

The University of Arkansas System Division of Agriculture offers all its Extension and Research programs to all eligible persons without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

STEP 3: BUY GROCERIES

You've planned your meals and made your shopping list. Now comes the fun part – going to the grocery store and purchasing your food.

It can sometimes be difficult to stick to your shopping list. Here are some tips to help you get the most for your money:

- ✦ **Shop on a full stomach.** Otherwise, you might be tempted to buy foods that aren't on your shopping list.
- ✦ **Look up and down for the best deals.** The most expensive items are placed at eye level in grocery stores. Look around for options that are cheaper.
- ✦ **Try store brands** rather than name brand products. They usually cost less.
- ✦ **Check "Sell By" dates.** Buy the freshest food possible. It will keep longer.
- ✦ **Buy fresh foods in amounts you can use before they spoil.**
- ✦ **Consider frozen or shelf-stable items.** They last longer.
- ✦ **Compare unit pricing labels.** Knowing the price per unit (ounce, pound, etc.) will help you compare brands to get the most for your money.

CALCULATING UNIT PRICING

Be sure to brush up on your unit pricing skills before heading to the grocery store so you will be able to choose which food has the lowest price per unit.

Most grocery stores will have unit pricing listed on the shelf label for each product. If this is the case, simply choose the lowest price for the amount of food you need to purchase.



If the label is missing, simply take the price of the item and divide it by the total number of units (ounces, pounds, grams, etc.) to find the price per unit.

Example: $\text{Item Price} / \text{Number of Units} = \text{Price per unit}$

- Large Container of Yogurt: $\$1.62 / 32 \text{ ounces} = \0.05 per ounce
- Individual-sized Container of Yogurt: $\$0.72 / 6 \text{ ounces} = \0.12 per ounce

Based on unit price, the large container of yogurt cost the least per ounce.