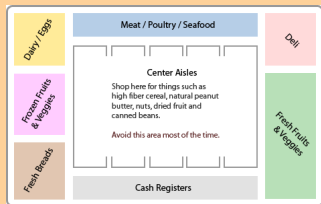




Jam-packed schedules and fast-paced lifestyles make it difficult to cook fresh meals at home regularly. Preparing healthy meals takes time, money and a sense of comfort in the kitchen.

Here are some tips to help you shop smarter, save time and have more fun in the kitchen.

Shop Smart!



Make a List

Choose your meals for the week and create a list of ingredients that you need to prepare them.

Don't shop on an empty stomach

Shopping hungry can lead to shopping with your eyes instead of sticking to your plan. Grab a snack before heading out to the store.

Shop the perimeter

Focus your attention on whole foods, meats, dairy and eggs on the outer edge of the grocery store. Pop into the aisles for minimally processed pantry items like oils and vinegars to prepare them.

Save Money!

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

It looks like the 6oz yogurt is less expensive because it has a cheaper retail price. But when you compare unit price, you can see that the 32oz yogurt is actually \$0.07 cheaper per ounce.

Shop the Sales

Check out your local store's weekly sales paper for deals while you are planning for the week ahead.

Buy in bulk

Look for deals on bulk meats, vegetables, grains, seeds, legumes etc.

Compare unit prices

Unit prices show the cost for a single ounce, pound, pint, etc. and can be used to help compare products.

Buy cheap cuts of meat

Chicken Thighs, ground beef, chuck roast etc. tend to be cheaper than other cuts of meat.

Use meat as flavor

Instead of making meat the center of your meal, swap out half of the meat and replace it with vegetables cooked in the meat juices to punch up the taste.

Get Comfy in Your Kitchen!



Get Organized

Store like items near each other.

Store items where you'll need to use them.

Use storage containers to keep things orderly

Your freezer is your friend

Buy in bulk and freeze. (meats, fresh veggies or sauces)

Freeze raw marinated meats and vegetables in freezer bags.

Make one pot meals

Choose a Protein + Add a Whole Grain + Toss in some Vegetables.

Play with flavors and KEEP TRYING!

Save Time!



Prepare In Advance

Plan your meals + shopping list + food preparation needs.

Chop or Cook veggies and freeze for salads, bowls, stir-fry.

Buy precut or frozen veggies

Prepared items help cut down on your meal prep time.

Cook ahead

Make multiple meals and freeze them for later in the week.

Consider healthy meal delivery services

Take the guess work out of healthy eating.

Cook with family or friends

Spend quality time and make healthier choices.