

Food Shopping Hint & Tips



1. Don't shop when you're hungry.

It's totally true: when we're hungry our blood sugar gets low and everything looks great. Not only do you put more food in your cart, but you also end up spending more money. Try and shop soon after a meal whenever possible.

2. Make a shopping list with meal plan for at least 3 days.

It's hard to shop without a plan. Before entering the grocery store ask yourself what meals you will be making in the next several days and what ingredients are needed. Write them down along with the food items that you need that week. Go through each meal in your head starting with breakfast items needed, going to lunch, snacks and dinner. Search through your coupons and use the store circular for savings.

3. Examine the labels.

Before putting food in your cart, carefully read the food label. Watch out for foods high in saturated or trans fat, sodium or sugar. Look for foods where the first ingredient reads whole and contains at least 3 grams or more of fibre per serving. If possible, compare the food item to others in the aisle for the healthiest product possible.

4. Look carefully at expiration dates.

Hate it when you get home from grocery shopping and find that one of the foods you just bought will expire the next day? When selecting a food product, look for one that has the longest expiration date of all the others on the shelf. This may require a bit of hunting through items but will ensure your food will be freshest the longest.

5. Don't shop when the store is most crowded.

You're likely to be more frustrated and rushed to get out of the store. These feelings could result in spontaneous (and expensive) food choices and less time and patience to read food labels and plan meals.

6. Avoid convenience food.

Don't purchase items that are convenience items, such as prepared vegetables or pre-made sandwiches. These items are more costly, and you are better off buying your own ingredients and making them yourself.

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7. Have a budget.

When you go to the shop, know exactly how much you can spend. Then try your best to stick within that limit. If you don't know how much you can spend, you'll certainly spend too much.

8. Look for specials.

Every store has specials. Be sure to look for them in the newspaper, or when you get to the store (they often have unadvertised specials — look on the higher and lower shelves for deals). Don't buy them unless they're things you always use.

9. Try the store brands.

Brand names are often no better than generic, and you're paying for all the advertising they do to have a brand name. Give the store brand a try, and often you won't notice a difference.

10. Don't buy junk food (or buy as little as possible).

Junk food not only costs a lot of money for about zero nutrition, but it makes you and your family fat and kills you. Talk about a bad deal! Opt for fruits and veggies instead.

