

Grocery Shopping on a Budget

Cost Saving Grocery Shopping Tips:



SET A BUDGET BEFORE GOING SHOPPING

- You might find it helpful to set a spending goal before you shop.
- Having a simple plan can help you choose what matters most.
- Pick a budget that feels comfortable and supports your needs.



MAKE A LIST AND STICK TO IT

- You might find it helpful to make a shopping list.
- A list can help you stay focused and choose what you really need.
- Try using your list as a guide while you shop.



DON'T GROCERY SHOP HUNGRY

- Shopping when you're very hungry can make choices harder.
- You might find it helpful to eat a snack before you go.
- Notice how this helps you stay focused on your plan while shopping.



DOUBLE CHECK PRICES AT CHECK-OUT

- Sometimes prices can ring up differently than expected.
- You might find it helpful to watch the screen as items are scanned.
- Feel free to ask questions if something doesn't look right.



BUY IN BULK

- For foods that last a long time, buying more at once can sometimes save money.
- This can include items like rice, beans, pasta, oats, oils, and canned foods.
- You can choose what works best for your budget and storage space.



SHOP WHAT'S IN SEASON

- You might find that fruits and vegetables cost less when they are in season.
- Many foods grow at certain times of the year, which can affect the price.
- You can check what's in season in your area to help guide your choices.

BUDGET-FRIENDLY GROCERY SHOPPING

PROTEINS

- ☐ Low Sodium Can Chicken
- ☐ Low Sodium Can Tuna
- ☐ Low Sodium Can Salmon
- ☐ Eggs
- ☐ Protein Powder
- ☐ Tofu

BEANS & LEGUMES

- ☐ Dried Beans
- ☐ Dried Lentils
- ☐ Edamame
- ☐ No Salt Canned Beans (pinto, black, kidney, etc.)

NUTS

- ☐ Almonds (unsalted)
- ☐ Cashews (unsalted)
- ☐ Peanuts (unsalted)
- ☐ Peanut Butter (natural)

DAIRY

- ☐ Almond Milk (shelf stable)
- ☐ Rice Milk (shelf stable)
- ☐ Soy Milk (shelf stable)
- ☐ Powdered Milk
- ☐ Cottage Cheese
- ☐ Yogurt

VEGETABLES

- ☐ Broccoli
- ☐ Butternut Squash
- ☐ Cabbage
- ☐ No Salt Canned Tomatoes
- ☐ Cauliflower
- ☐ Carrots
- ☐ Celery
- ☐ Corn
- ☐ Garlic
- ☐ Onions
- ☐ Potatoes
- ☐ Spinach
- ☐ Sweet Potatoes

FRUIT

- ☐ Apples
- ☐ Applesauce
- ☐ Apricots
- ☐ Bananas
- ☐ Cantaloupe
- ☐ Grapes
- ☐ Honeydew
- ☐ Oranges
- ☐ Pears
- ☐ Pineapple
- ☐ Plums
- ☐ Raisins
- ☐ Watermelon

GRAINS

- ☐ Bread
- ☐ Cereal
- ☐ Crackers
- ☐ Oats
- ☐ Pasta
- ☐ Popcorn
- ☐ Quinoa
- ☐ Rice
- ☐ Tortillas



Low Sodium Shopping Tips:

- Many canned foods can be high in salt.
- You might look for options labeled **“low sodium”** or **“no salt added.”**
- Checking the label can also help—some people aim for around 140 mg or less per serving.

Nutrition Facts

1 serving per container
Serv. size **1 bag (23g/19 chips)**

Amount per serving

Calories 100

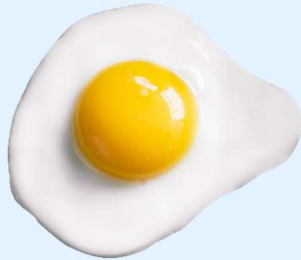
% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 0g	
Incl. 0g Added Sugars	0%
Protein 1g	

Creative Ways to Use Your Groceries

Eggs

- Try adding veggies to your eggs. This can be a scramble or omelet.
- You can cook eggs in pasta sauce and add a little cheese.
- Make hard-boiled eggs ahead of time. Chop them and mix with mayo for an easy sandwich.



Chicken & Fish

- Add canned chicken or fish to a salad.
- Mix canned chicken or fish with mayo for a sandwich or eat with crackers.
- Try a simple casserole: canned chicken or fish, pasta, and low-sodium soup.
- Cook lean ground chicken or turkey with no-salt seasoning. Use it for burgers or tacos.



Beans

- Add beans to a salad.
- Mash beans to make a dip.
- Add beans to low-sodium soup.
- Use beans instead of meat in pasta.
- Mix beans with veggies, tomatoes, and broth to make chili.
- Mix beans with corn and tomatoes. Use in tortillas for veggie tacos.



Canned Vegetables

- Add flavor with garlic powder and onion powder. Cook in a little olive oil.
- Try making a simple vegetable soup.
- Add veggies to low-sodium pasta sauce for a thicker, heartier meal.
- Mix veggies with egg, rice, and low-sodium soy sauce to make easy fried.



Pasta, Rice & Quinoa

- Mix rice, beans, and no-salt tomatoes or green beans for a simple meal.
- Add grains like rice to low-sodium vegetable soup.
- Mix cooked pasta or quinoa with veggies, a little cheese, oil, and vinegar for a quick salad.
- Combine grains with veggies, chicken or fish, and a low-sodium sauce to make an easy stir-fry.



Tofu

- Cook tofu in low-sodium pasta sauce. Serve over pasta.
- Cook tofu in a low-sodium Asian sauce. Add veggies and rice for a stir-fry.
- Blend tofu with cocoa, vanilla, and a sugar substitute for a simple chocolate pudding.
- Blend tofu with fruit and milk for a smoothie.



Community Nutrition Support Programs

Food Help for Seniors

- There are food programs for people age 60 and older.
- These programs can help with meals and groceries.
<https://www.fns.usda.gov/program/assistance-seniors>

Adult Day Care Meals

- Some adult day centers offer healthy meals and snacks.
- This is through a program called CACFP.
<https://www.fns.usda.gov/cacfp/adult-day-care-centers>

Monthly Food Boxes

- Some seniors can get a box of healthy foods each month.
- This program is called CSFP.
<https://www.fns.usda.gov/csfp/commodity-supplemental-food-program>

Farmers Market Help

- Some seniors can get help to buy fresh fruits and vegetables.
- This is called SFMNP.
<https://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program>

SNAP (Food Stamps)

- SNAP can help you buy groceries.
- It adds money to your food budget.
<https://www.fns.usda.gov/snap/supplemental-mental-nutrition-assistance-program>

Meal Programs

- You may get meals at a center or meals delivered to your home.
- These programs help support your health.
<https://acl.gov/programs/health-wellness/nutrition-services>

Meals on Wheels



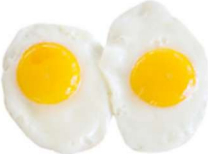
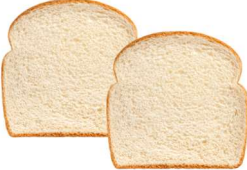
- Meals on Wheels brings healthy meals to your home.
- You also get a friendly visit and a quick safety check.
- They can help watch for changes in your health.
- You can look for meal delivery and food programs in your area:
<https://www.mealsonwheelsamerica.org/find-meals>

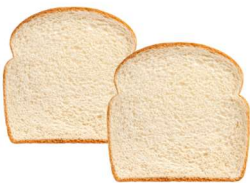
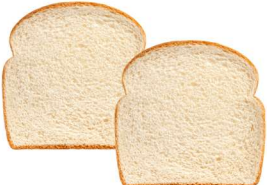
Find Your Local Food Bank

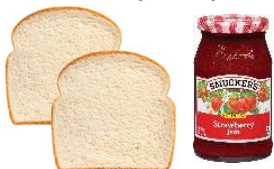


- The Feeding America nationwide network of food banks and food programs helps millions of people find food and grocery help in their communities every year.
- Connect with your local food bank to learn about upcoming free food distributions and to apply for national food programs:
- <https://www.feedingamerica.org/find-your-local-foodbank>

Budget Friendly Meal & Snack Ideas

BREAKFAST	PROTEIN	CARB	VEGETABLE	FAT	FLAVOR
Black Bean Quesadilla 260 calories Carbs = 35 grams Protein = 12 grams Sodium = 240 mg	1/3 cup No Salt Beans 	2 6in Corn Tortillas 	1 cup Mixed Vegetables 	1/4 cup Low Fat Cheese 	Cumin + Garlic 
Cinnamon Raisin Oatmeal 380 calories Carbs = 50 grams Protein = 12 grams Sodium = 15 mg	None	1/2 cup Dry Oats + 2 Tbsp Raisins 	None	1/4 cup No Salt Almonds 	Cinnamon + Sugar Substitute 
Tropical Fruit Smoothie 365 calories Carbs = 37 grams Protein = 19 grams Sodium = 165 mg	2 Tbsp Peanut Butter 	1 cup Frozen Fruit + 1 cup Milk 	1/4 cup No Salt Frozen Spinach 	None	Sugar Substitute 
Eggs & Toast w/ Cream Cheese 400 calories Carbs = 35 grams Protein = 18 grams Sodium = 410 mg	2 Eggs 	2 Slices Bread 	None	2 Tbsp Cream Cheese 	Black Pepper 
Peanut Crunch Cereal & Milk 320 calories Carbs = 50 grams Protein = 15 grams Sodium = 360 mg	None	1½ cups Cereal + 1 cup Milk 	None	2 Tbsp No Salt Peanuts 	Sugar Substitute 
PB & Banana Toast 415 calories Carbs = 50 grams Protein = 13 grams Sodium = 180 mg	2 Tbsp Peanut Butter 	2 Slices Bread + 1/2 Banana 	None	None	Cinnamon 
Eggs w/ Veggie Hash & Toast 450 calories Carbs = 45 grams Protein = 18 grams Sodium = 370 mg	2 Eggs 	1½ cups Hash Browns + 1 Slice Toast 	1 cup Mixed Vegetables 	1 Tbsp Butter 	Black Pepper 

LUNCH + DINNER	PROTEIN	CARB	VEGETABLE	FAT	FLAVOR
Tuna Salad Sandwich 345 calories Carbs = 40 grams Protein = 16 grams Sodium = 700 mg	1/2 can Low Sodium Tuna 	2 Slices Bread 	Lettuce, 1 cup Carrots + Celery 	2 Tbsp Low Fat Mayonnaise 	Black Pepper 
Vegetarian Chili 415 calories Carbs = 60 grams Protein = 21 grams Sodium = 270 mg	None	1 cup No Salt Beans 	1/4 cup diced Onion + 3/4 cup Diced Tomatoes 	2 Tbsp Cream Cheese 	1 cup Low Sodium Broth 
Chicken Noodle Soup 485 calories Carbs = 60 grams Protein = 22 grams Sodium = 590 mg	1/2 can Low Salt Chicken 	1 cup Cooked Pasta 	1½ cups chopped Celery + Carrots + Onion 	1 Tbsp Olive Oil 	1 cup Low Sodium Broth 
Red Lentil Curry 425 calories Carbs = 40 grams Protein = 18 grams Sodium = 125 mg	None	1/4 cup Dried Lentils 	1 cup Spinach, ½ cup Diced Onions + No Salt Tomatoes 	1/4 cup Unsweet Coconut Milk + 1 Tbsp Olive Oil 	Cumin + Garlic + Coriander 
Spaghetti & Meatballs 390 calories Carbs = 50 grams Protein = 20 grams Sodium = 275 mg	2oz Lean Ground Turkey 	1 cup Cooked Spaghetti 	1/2 cup Low Sodium Tomato Sauce 	1 Tbsp Parmesan 	No Salt Italian Seasoning 
Egg Fried Rice 430 calories Carbs = 42 grams Protein = 16 grams Sodium = 255 mg	2 Eggs 	3/4 cup Cooked Rice 	1/2 cup No Salt Corn/Peas/Carrots 	1 Tbsp Butter 	Garlic + Black Pepper 
Pizza Toast 310 calories Carbs = 36 grams Protein = 12 grams Sodium = 525 mg	None	2 slices Bread 	1/2 cup Low Sodium Tomato Sauce 	1/4 cup Low Fat Cheese 	No Salt Italian Seasoning 

LUNCH + DINNER	PROTEIN	CARB	VEGETABLE	FAT	FLAVOR
Spicy Tuna Bean Salad 360 calories Carbs = 37 grams Protein = 20 grams Sodium = 300 mg	1/2 can Low Sodium Tuna 	1/4 cup No Salt Beans + 1/4 cup No Salt Chickpeas 	1 cup No Salt Diced Tomatoes + No Salt Corn 	1 Tbsp Olive Oil 	Pepper + Cayenne + Paprika 
Bean Fiesta Tacos 350 calories Carbs = 52 grams Protein = 18 grams Sodium = 360 mg	1/2 cup No Salt Beans 	2 6in Corn Tortillas 	1/2 cup No Salt Diced Tomatoes w/ Green Chilies + 5 Black Olives 	1/4 cup Low Fat Cheese 	Cayenne + Garlic + Cumin 
Chicken Stir-Fry 415 calories Carbs = 50 grams Protein = 15 grams Sodium = 350 mg	1/2 can Low Salt Chicken 	3/4 cup Cooked Rice 	1 cup No Salt Stir-Fry Veggies 	1 Tbsp Olive Oil 	1 Tbsp No Salt Teriyaki Sauce 
PB & Jelly Sandwich 410 calories Carbs = 50 grams Protein = 12 grams Sodium = 180 mg	2 Tbsp Peanut Butter 	2 slices Bread + 1 Tbsp Jelly 	None	None	None
Hearty Lentil Soup 400 calories Carbs = 55 grams Protein = 18 grams Sodium = 185 mg	None	1/4 cup Dried Lentils 1/2 cup Sweet Potato 	1/2 cup No Salt Tomatoes + 1/4 cup Chopped Onion 	1 Tbsp Olive Oil 	1 cup Low Sodium Broth + Herbs 
Meatloaf & Mashed Potatoes 455 calories Carbs = 50 grams Protein = 21 grams Sodium = 335 mg	3oz Lean Ground Turkey 	2 Tbsp Dry Oats + 1 cup Mashed Potatoes (no salt) 	1/8 cup Diced Onion + 1/2 cup Green Beans 	1 Tbsp Butter 	1 Tbsp Ketchup + Herbs 
Tuna Casserole 425 calories Carbs = 55 grams Protein = 21 grams Sodium = 565 mg	1/2 can Low Sodium Tuna 	1 cup Cooked Pasta 	1 cup Chopped Broccoli 	1 Tbsp Olive Oil 	1/3 cup Low Salt Cream Soup 

SNACKS	PROTEIN	CARB	VEGETABLE	FAT	FLAVOR
Yogurt with Fruit 170 calories Carbs = 30 grams Protein = 6 grams Sodium = 85 mg	1/2 cup Plain Low-Fat Yogurt 	1/2 cup Grapes + 1/2 Small Apple 	None	None	Cinnamon 
Cheesy Popcorn 135 calories Carbs = 20 grams Protein = 6 grams Sodium = 180 mg	None	3 cups Low Sodium Popcorn 	None	2 Tbsp Parmesan 	None
Bean Dip with Veggies 145 calories Carbs = 20 grams Protein = 9 grams Sodium = 220 mg	None	1/4 cup No Salt Pinto Beans (mash) 	1 Celery Stick + 1 Carrot Stick 	2 Tbsp Low Fat Cheese 	Garlic + Cumin 
PB on Graham Crackers 160 calories Carbs = 15 grams Protein = 5 grams Sodium = 60 mg	1 Tbsp Peanut Butter 	1 Graham Cracker Sheet 	None	None	Cinnamon 
Fruit & Nut Mix 190 calories Carbs = 13 grams Protein = 7 grams Sodium = 5 mg	None	1 Tbsp Raisins 	None	1/4 cup No Salt Peanuts 	None
Chicken Salad with Crackers 190 calories Carbs = 20 grams Protein = 7 grams Sodium = 335 mg	1/4 can Low Salt Chicken 	8 Low Sodium Crackers 	2 Tbsp Diced Celery 	1 Tbsp Low Fat Mayonnaise 	Black Pepper 
Cottage Cheese with Fruit 135 calories Carbs = 15 grams Protein = 10 grams Sodium = 345 mg	1/2 cup Low Fat 2% Cottage Cheese 	1/2 cup No Sugar Added Canned Fruit 	None	None	None

