



# Helping Mississippians live happier, healthier lives!

## SHOPPING

Does shopping for your family seem like a chore?

Here are 10 tips to shop with ease while saving time, saving money, and selecting healthy foods.



### 1 Make a menu for the week.

- Get input from family members.
- Ask children for menu suggestions.
- Create meals from leftovers.
- Double recipes and freeze half for a busy day.

### 2 Check your pantry, freezer, and refrigerator to see what ingredients you already have.

- Review recipes and make a list of what you need to buy.

### 3 Prepare a shopping list and stick to it!

- Remember your shopping list when you go to the store.
- Only shop on the aisles you need items from.

### 4 Buy only the amount of food you need.

### 5 Don't shop when you are hungry or rushed.

### 6 When shopping, look for the following on food labels:

- “Whole grain” for grains.
- “Lean” for meats.
- “Low-fat” or “fat-free” for dairy.
- “No salt added” for canned or packaged foods.
- “100% juice” for canned fruits.

### 7 Watch for sales, coupons, or other offers that may be online.

### 8 Pick produce that is in season.

- Seasonal produce is less expensive! Many Mississippi-grown vegetables are in season throughout the year.
- See *Buy Fresh Fruits and Vegetables in Season!* for what to buy when. <http://extension.msstate.edu/publications/publications/buy-fresh-fruits-vegetables-season>
- Canned or frozen fruits and vegetables may also be less expensive options. They will not spoil as quickly.

### 9 As soon as you get home, refrigerate cold foods.

- Refrigerate food within 2 hours of grocery shopping or 1 hour if air temperatures are above 90°F.

### 10 Store fresh, unwashed produce in the refrigerator.

- If you're preparing produce immediately, wash it first.
- Always store produce separately from raw meat, poultry, and seafood.

## WANT TO PICK UP GROCERIES INSTEAD?

- Download your local grocery store's app and you can shop anytime.
- Avoid peak pickup times. Allow for at least a 30-minute wait time. Plan the best time for your schedule.
- Be aware of what you are ordering. Consider weight (1 lb.) vs. amount (1 item).
- Select “no substitutions” to avoid receiving unwanted or higher priced items.
- You can make changes after you place your order, but pay attention to the cut-off time.
- Make sure you have plenty of room in your car.



**Local grocery stores may offer online ordering and delivery. Contact your local store for more information.**



# FOOD ITEMS TO HAVE ON HAND

► Use this foods checklist for grocery shopping. Personalize the list with foods you frequently use.

## IN THE PANTRY

### Breakfast and Cereals

- Cereals (consider whole-grain varieties)
- Oatmeal
- Pancake mix

### Can, Jar, and Pouch Foods

- Fruits and vegetables (choose options without added sugar or salt)
- Meat, poultry, and seafood (fish, chicken, or other meats)
- Beans (pinto, black, garbanzo)
- Soups (look for lower-sodium varieties)
- Nut butter (peanut, almond)
- Dried fruit
- Sauces (tomato, spaghetti, pizza)
- Salsa
- Broth or stock (chicken, beef, or vegetable)

### Grains, Pasta, and Sides

- Bread (consider whole-grain varieties)
- Tortillas or taco shells
- Pasta (consider whole-grain varieties)
- Rice (include some whole grain rice, such as brown rice)
- Oats (old fashioned or rolled, quick, or steel-cut)

### Baking and Cooking Supplies

- Instant nonfat dry milk
- Flour (consider whole grain)
- Sugar (white granulated, brown)
- Seasonings and spices (salt, black pepper, garlic, minced onion)
- Oil for cooking (such as olive, canola, vegetable)
- Vinegar

### Produce

- Onions
- Potatoes



### Snacks

- Crackers (consider whole-grain varieties)
- Popcorn
- Nuts (almonds, peanuts, walnuts, etc.)

### Condiments and Salad Dressings

- Ketchup
- Mustard
- Mayonnaise (choose a lower-fat option)
- Salad dressing

## IN THE REFRIGERATOR

- Meat and seafood (beef, chicken, fish, pork)
- Milk (fat-free or low-fat)
- Cheese (block, shredded, sliced, or string and consider lower-fat options)
- Yogurt (fat-free or low-fat and choose options with fewer or no added sugars)
- Eggs
- Fruits
- Vegetables
- Butter or margarine

## IN THE FREEZER

- Fruits and vegetables
- Meat and seafood (chicken breast, ground beef/ turkey, pork loin chops, fish)
- 100% fruit juice concentrate
- Waffles (consider whole-grain varieties)
- Bread (consider whole-grain varieties)



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By **Madison Payne** and **Kelli Whitten**, Mississippi State University Extension Service.

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