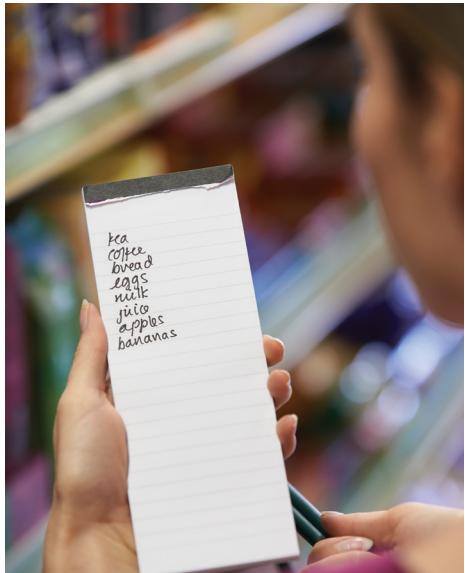


MAKING HEALTHY CHOICES: WEEK 13

Savvy shopping

Planning before you shop is important. There are also a few things that you can do after you arrive at the store. These tips can also help you and your family make healthier choices and save money.



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Use your list

Making a list is only helpful if you use it. Make sure that you bring your grocery list with you and remember to look at it. If you have trouble remembering your list, send it to yourself as a text message, set a reminder on your phone or use a notes app if you have a smartphone.

Look for sales

At the store, pick up any sale ads. Check to see if any of the items on your list are in the ads. Look for the sale ads online if you want to use them to plan your meals ahead of time.

Compare the unit price

When deciding between two products, use the “unit price” to help you choose the option that is the best value for you. The unit price is located on the shelf price tag. It shows you how much the product costs per unit of measurement such as ounces. An 8-ounce can of green beans may cost less than a 14.5-ounce can of green beans but you may be paying more per ounce. By choosing the larger size, you may save money by paying less per ounce. However, sometimes larger sized food items aren’t a better value than smaller sizes so remember to check the unit price to find out.

Keep in mind that the best deal is not always the best option. If your family will not eat all of the larger can of green beans and you end up wasting some,

the smaller size would have been a better option for your family. Convenience packaged food items such as fruit cups will typically have a more expensive unit price than other products.

An upcoming newsletter will explore how to package food at home to be convenient for you and your family when on-the-go.

Did you know?

If an item is on sale and it is sold out, you can ask for a “rain check” in most stores. A rain check is a ticket that will allow you to purchase that item at the sale price when it is restocked, even if it is no longer on sale.



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WEEKLY RECIPE

Remember to wash your hands and prepare food safely.



Carrot, Orange and Raisin Salad (serves 6)

1. Shred **2 large carrots** with a grater.
2. Peel **2 mandarin oranges** and separate the pieces.
3. Mix grated carrot and mandarin pieces with **½ cup of raisins**.
4. Add **⅓ cup of plain yogurt** to the mix and stir.
5. Enjoy now or chill in the refrigerator and enjoy later!

Recipe adapted from Michigan State University Extension. (2015). *Eating Right is Simple Recipe Set*.



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Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

For more information or to join a class, contact your local MSU Extension county office or visit www.msue.msu.edu.

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With a presence in every Michigan county, Extension faculty and staff members provide tools to live and work better. From a personal meeting to information online, MSU Extension educators work every day to provide the most current information when people need it to ensure success – in the workplace, at home and in the community.

To find your local county office visit msue.msu.edu/county.

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