SMART SHOPPING GUIDELINES

☑ Make a shopping list

Making a list and sticking to it can help lower grocery bills and reduce the number of trips you make to the store.

☑ Plan your meals

Before heading to the store, plan out your meals and the items you need for them. Planning your meals helps you reduce wasted food and save money on groceries.

☑ Shop your fridge and cupboards

Taking inventory of what you already have before going shopping helps avoid duplicate purchases and saves money in the long run.

☑ Scrutinize the deals

Many deals will encourage you to buy more for a larger discount, but these deals are only worthwhile if you can eat everything before it spoils. Most stores offer the sale price even if you buy less than what the deal states.

☑ Pick loose fruits and vegetables

Choosing loose fruits and vegetables over prepackaged allows you to select the quantity you need, reducing the potential for your produce to go bad before you use it all.

☑ Shop the bulk bins and salad bars

Bulk bins offer many dry goods, such as nuts, spices, grains, and baking supplies, allowing you to purchase only what you need. Salad bars are also a good option, especially when your recipe calls for small amounts of different vegetables that you may not buy or use otherwise. These two areas of the grocery store let you customize portion sizes to suit your needs.

☑ Buy imperfect produce

Scarred and oddly shaped fruits and vegetables are perfectly fine for eating and cooking! Buying and using imperfect produce helps reduce wasted food at grocery stores.

☑ Check dates

Checking expiration dates or date labels can help you better plan your meals for the week, especially when buying meat and other perishables. If the date listed on the food item will pass before you plan to use it, you can always freeze it to prolong its shelf life.

☑ Shop on a full stomach

Eat before shopping to prevent impulse purchases, which can lead to buying more than you need.

Sources: apps.ecology.wa.gov/publications/documents/2407016.pdf
www.savethefood.com
www.stopfoodwaste.org

DEPARTMENT OF ENVIRONMENTAL CONSERVATION
NEW YORK STATE

EAT SMART, WASTE LESS, COMPOST THE REST