

# FitFUTURE

Strategies for  
Better Living.

## 5 DOs and DON'Ts for Supermarket Survival

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Grocery shopping for a family can be time-consuming and costly. Be an educated consumer; plan ahead, know exactly what you need and stick to it. Follow these practical tips and you'll survive the supermarket, feed your family well and conserve family funds!

- 1 **DO:** Keep a shopping list – and stick to it! Having a list saves you time as you walk the aisles. You're less likely to spend money on items you don't need. Keep a running list in the kitchen of items you need to replace. Organize it by department – for example, produce department, dairy case, meat counter, frozen and grocery shelves.
- 2 **DO:** Check for supermarket specials printed in newspaper inserts. Plan menus around them. If the store runs out of an item on special, ask for a rain check. Clip and download coupons from your favorite food manufacturers.
- 3 **DON'T:** Shop when you're hungry. You're less likely succumb to impulse items, including more expensive and less nutritious snack and dessert foods.
- 4 **DO:** Take advantage of seasonal produce. In season, the price for fresh fruit and vegetables may be lower, and the produce is more flavorful.
- 5 **DON'T:** Buy the economy size or family packs unless you know you can use that amount before it reaches it's expiration. For foods that freeze, take time to repackage into smaller amounts, then freeze for later use.

