

# The Grocery Store

Grocery shopping is your chance to pick healthy foods to feed your family. We know it can also be stressful, as parents are strapped for time and money. Studies show that families who eat out often spend the most money on food. It's simply cheaper and healthier to cook and eat at home. Here are some tips to save you money, make shopping fun and help you choose better foods that are nutritious for your family.

## Helpful Tips:

- Plan your meals, make a list and stick to it to save money and time.
- Shop the outer edges of the store first to stock up on less processed foods.
- Involve your kids in the planning, shopping and preparing of meals to avoid arguments at meal times.
- Have your kids pick out a vegetable or fruit that they are interested in to encourage your family to try a new vegetable or fruit every week.
- Stock up on fresh vegetables and fruits for snacks.
- Focus on purchasing vegetables, fruits, whole grains and lean meat.

**Strong4Life is about making simple changes with your family. Here is a tool to help you think about your family's weekly meals. This week, try planning out some of your meals and see the difference it makes.**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Lunch							
Dinner							
Notes							

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# Sample Grocery List

Before you go to the grocery store, be sure to create a list of nutritious foods for your family. Purchase food that can be used to create easy meals or quick, healthy snacks. To get you started, we have put together a list of healthy foods that you can keep stocked in your pantry, refrigerator or freezer. Use this as a reference tool to save time and to give you some ideas of food choices.

## Vegetable and Fruit Aisle:

- Apples
- Bananas
- Broccoli
- Carrots
- Dark green lettuce (ex. Romaine)
- Grapes
- Oranges
- Spinach
- Strawberries
- Tomatoes
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Helpful tip:** Buy fresh veggies and fruits when they are in season for the best flavor and cost savings.

## Meat, Seafood and Deli Aisle:

- Chicken
- Extra lean ground beef
- Fish
- Lean ground turkey
- Pork tenderloin
- Shrimp
- Sliced turkey deli meat
- Sliced ham deli meat
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Helpful tip:** Replace meat with other lean protein sources such as beans, peas, seeds or nuts a few times a week and it will save your family money.

## Canned Foods Aisle:

- Unsweetened applesauce
- Black beans
- Canned corn
- Canned green beans
- Canned peaches
- Canned peas
- Canned pineapple
- Canned tuna
- Pinto beans
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Helpful tip:** Some canned foods are high in salt, so look for no-salt-added versions. Also, beware of canned fruit in syrup, which can have a lot of sugar. Look for fruits canned in water or 100% fruit juice.

## Snack Aisle:

- Almonds
- Pumpkin seeds
- Walnuts
- Whole-wheat crackers
- Whole-wheat pretzels
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Helpful tip:** Veggies and fruit are also great snacks.

## Bread Aisle:

- Whole-grain bread
- Whole-grain english muffins
- Whole-grain rolls
- \_\_\_\_\_

**Helpful tip:** Purchase 100% whole grain bread products to add fiber to your diet. Remember, just because it's brown doesn't mean it's whole grain.

## Frozen Aisle:

- Frozen chicken breasts
- Frozen vegetables
- Frozen veggie burgers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Helpful tip:** Frozen vegetables and fruit are just as nutritious and often cost less.

## Dry Packaged Goods Aisle:

- Brown rice
- Whole-grain cereals
- Oatmeal
- Whole-wheat pasta
- \_\_\_\_\_
- \_\_\_\_\_

**Helpful tip:** Healthy dry packaged goods are key ingredients in many quick and easy recipes.

## Dairy Aisle:

- Low-fat shredded cheese
- Low-fat cottage cheese
- Eggs
- Milk, fat-free or 1%
- Mozzarella cheese
- Low-fat yogurt
- \_\_\_\_\_
- \_\_\_\_\_

**Helpful tip:** Low-fat or fat-free dairy choices provide calcium without the extra calories. Opt for 2% milk cheeses or part-skim.

## Condiment and Sauce Aisle:

- Ketchup
- Mustard
- Olive oil
- Vinegar
- Peanut butter or other nut or seed butter
- Spaghetti sauce
- \_\_\_\_\_

**Helpful tip:** Keep your packaged food purchases to a minimum. Compare packaged foods and choose those with the least amount of salt. Don't forget about the flavor that spices can add to your foods.