

# Grocery List

**Vegetables and Fruit** (carrot, apple, tomato, banana, etc)

**Grain Products** (bread, cereals, etc)

**Milk and Alternatives** (yogurt, cheese, soy beverage, etc)

**Meat and Alternatives** (eggs, fish, legumes, etc)

**Other household items**

Flip this list over for food ideas and tips for healthy eating!

## When Grocery Shopping

- ✓ Shop on the outer edges of the grocery store first where you can buy food from the four food groups.
- ✓ Shop the center aisles last. Foods in these aisles can be more expensive.
- ✓ Use food labels to find the healthiest choices – read the “Food Guide Facts”. Look for products with less fat, saturated fat, trans fat and sodium.

## Best Buys While Shopping

- ✓ Look for unit pricing to get the best deal.
- ✓ Unit pricing makes it easy for you to compare the price and value of similar types of products so you can choose the best buy.
- ✓ It tells you the price of the product for a certain unit of measure (e.g. per 100 mL).
- ✓ Unit pricing is displayed on the grocery shelf.
- ✓ Use sale flyers when making your grocery list.
- ✓ Choose foods from higher or lower shelves. Brands that are easy to reach may cost more.
- ✓ Buy meat and bread when it is on sale, separate into smaller portions and freeze for use on another day.
- ✓ “Ready-to-eat” foods are usually less healthy and cost more.
- ✓ Buy in bulk if the food is cheaper and if you will use all of it before the “best before” date.

