

# Shopping Practices

## Figuring Cost per Unit

Sometimes it can be very confusing what is the best “deal” when shopping. Common thought is the bigger the package, the lower the price per unit. However, this isn’t always correct and often the bigger package is too big and creates waste. Here are some tips:

1. Try and find a common unit that you can determine the cost for when comparing products. This may be each, pound, ozw (weight), ozv (volume), or some other common unit
2. Don’t buy more than you can reasonably use. Get the best priced item in the size that fits your needs.



## Grocery Store Road Map

### 1. HAVE A PLAN

The Meal Planner is essential for this. Plan your meals and ***make a shopping list***. Check the frig and pantry to make sure you scratch off what you already have at home.

### 2. EAT BEFORE SHOPPING

Eat before shopping to reduce or eliminate any “emotional” purchases.

### 3. SHOP TO PROTECT FOOD

Purchase the nonrefrigerated/frozen food first. Then but frozen and refrigerated last. Every little bit helps to keep food fresh so it won’t spoil

### 4. STICK TO THE PLAN!

If you don’t have chips & cookies on your list (and you shouldn’t!) **DON’T GO DOWN THAT AISLE**. Unless you forgot something for a recipe or you remembered you need TP, just buy what is on the list.

