



**Kids Eat Smart  
Foundation**  
NEWFOUNDLAND & LABRADOR

## Plan Your Budget

Make a list of what food you will need before you go shopping and stick to it. If you start buying things that are not on your list you will probably go over budget.

## Use Coupons & Flyers

Look for specials in flyers and use coupons to get the best deals. For example, if bread is on sale buy extra loaves and freeze them. Don't buy perishable items in larger quantities than you need unless you have an appropriate storage space to keep them.

## Don't Be Fooled By Special Offers

It is not a deal to buy a special if it is not going to be used. Make sure you don't stock up on foods that will be wasted or left in the cupboard for a long time.

## Compare Prices

Shop around and compare prices. Grocery store brands are often cheaper than big brands, even when big brands are on sale, and are virtually the same products.



# Cost Saving

## Portion Foods

Portion foods into smaller, bite-size pieces. If you cut fruit into segments, students are more likely to take a piece. Portioning foods often reduces waste as people can choose how much they want more easily.

## Buy Local

Buy local foods whenever possible. Not only are items like fruits and vegetables cheaper and fresher, you'll be supporting your local community!

## Shop Seasonally

Some foods, especially fruits and vegetables, are only in season at certain times of the year. When they are not in season they can be very expensive. For instance, Clementine oranges are in season in the late fall and early winter, at which time they will be more readily available and often on special. Choose wisely!

## Buy in Bulk

Buying in bulk can be a lot cheaper in the long run. Only buy in bulk when you are going to use the food before it expires

## Watch Expiry Dates

When storing foods rotate them so that the foods you bought first are at the front of the fridge/ cupboard. That way you will use these foods first. Keep an eye on the expiry dates. If you have a lot of yogurt that is going to spoil in a couple of days, have a Smoothie day to use it up, preventing wastage.

**Kids Eat Smart Foundation knows that nutritious foods are often costly so use these tips to make your dollars go farther**