

Grocery Shopping Tips

Small changes in how we grocery shop can help save money while still enjoying nutritious, delicious meals. Here are some tips to keep in mind:

Plan Before You Shop

- **Check weekly grocery flyers** for the best sales.
Tip: Try using the [Flipp website](#) or mobile application to compare deals in one place!
- **Look in your fridge and pantry first.** Use what you already have at home to help guide meal plans for the week.
- **Choose in-season fruits and vegetables.** They're often more affordable and readily available.
- Plan a few meals around foods that are on sale that week.

Shop Smart in the Store

- **Check the top and bottom shelves.** More expensive brands are often placed at eye level. Compare unit prices to find the best deal.
- Consider store brands, which are often similar in quality and cost less.
- Frozen and canned fruits and vegetables can be nutritious, convenient, and budget-friendly options. Choose varieties with little or no added sugar or sodium when possible.
- Try lower-cost protein options such as beans, lentils, eggs, or canned fish.

- **Compare unit prices** to find the best deal.



\$1.69=unit price
Is 21.2 cents/100mL



\$1.09=unit price
Is 20.2 cents/100mL

Reduce Food Waste

- Use leftovers for lunches or another meal later in the week.
- Freeze extra food before it spoils.

For more information:

- Explore Unlock Food's "[20 ways to save money on your groceries](#)"
- Find tips on planning, shopping, and preparing healthy meals at Shopping and Cooking - Region of Durham
- Learn more about healthy eating for families at [Food and Eating - Region of Durham](#)
- Looking for guidance on nutrition? **Chat with a Registered Dietitian for FREE at Health Connect Ontario by dialing 811 or check out [Canada's Food Guide](#).**



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durham.ca/shoppingandcooking



If you require this information in an accessible format, contact 1-800-841-2729.