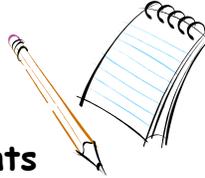


## Tips for Successful Shopping

### Grocery Lists

Making a grocery list ensures you will have all the ingredients you need to prepare meals when it is time to cook. Here are some tips to help you make a grocery list:



- ✓ List all the foods and amounts you need to prepare the meals from your menu.
- ✓ Cross out items you already have on hand.
- ✓ Keep your shopping list in a handy location to note low-inventory items.
- ✓ List foods by category or store layout to speed up shopping times.

- ✓ Eat before shopping for food. Plan to shop after a meal or snack to avoid buying impulse items when you are hungry.
- ✓ Shop alone, if possible. This will likely save time and decrease the number of impulse items you end up buying.
- ✓ Teach children to be good shoppers. If you must shop with children, try to take only one child at a time. Give young children a choice of two acceptable items, for example, red grapes or green grapes. Teach older children to compare nutrition or prices of products. Have them help you by comparing two products you are interested in buying.
- ✓ Learn the layout of the store so you can find foods quickly. Knowing the layout also helps you to avoid cruising the store aisles and buying items that are not on your grocery list.

### Shopping Tips

Follow these tips to ensure a successful shopping experience:



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**Challenge:**  
**Make a grocery list for  
the next time you shop.**