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May: Grocery Shopping

Utah State University Extension

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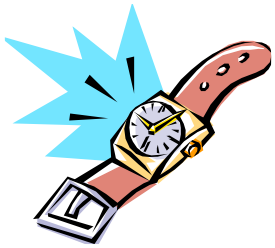
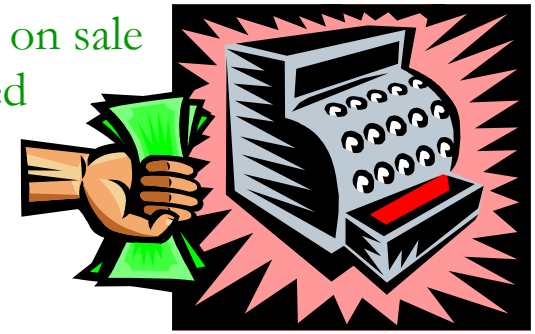
Grocery Shopping



Have you ever felt like you were juggling your food budget, time, and other things when at the grocery store? Here is how to handle the situation.

Tips…

* Before going to the store, plan how much money or foods stamps to spend.
* Shop when you are not hungry, and the store is not crowded (weekday mornings).
* Leave your children with the babysitters or a friend (but do not leave children unattended anywhere).
* If you must shop with children, go when they are rested and not hungry.
* Keep children busy with a toy, unbreakable food items, and by letting them help you make choices between similar food items (like which box of Cheerios to buy).
* Shop with a list. It saves time and money.
* Look at the in-store flyer for any store specials.
* Be flexible. Sometimes a food item that is on sale can be substituted for something else on your list.



Utah State University Extension

State of Utah
DEPARTMENT OF WORKFORCE SERVICES

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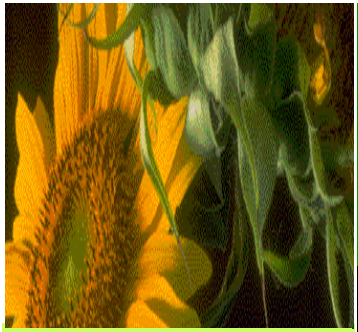

Chicken Salad Tacos

1 can (10 oz) chunk white chicken – drained & flaked
1 celery stalk – chopped
1/3 cup salsa
1/4 cup sour cream
1 tsp ground cumin
8 taco shells
1 cup shredded lettuce
1 small ripe tomato – chopped
1/2 cup (2 oz) shredded cheddar cheese

1. In medium bowl, combine chicken, celery, salsa, sour cream, and cumin. Mix well.
2. Spoon evenly into taco shells.
3. Top each taco with lettuce, tomato, & cheese. Serve immediately. Makes 8 tacos.

NEP
Nutrition Education Program for Families

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Watch out for coupons. They may not always be a better buy.				
			Compare prices of items that seem to be on sale.			
Be aware that foods at eye level tend to cost more than those placed higher or lower.				Use a calculator to help you to find the best buy.		
	Compare prices on different brands to get the best buy.				Check prices in bulk food sections to see if lower than packaged foods.	
		When buying things used often, check larger packages for a better buy.				Watch out for ways stores try to tempt you (items at checkout stand, end of aisle, mid-aisle toys, etc.).

Recipe from http://dynamic.homearts.com/cgi-bin/food/gx.cgi/AppLogic+rfviewsystemrecipe?id=88nocr26.htm