



University of Georgia Cooperative Extension Service

Shopping for Food on a Budget

Four Steps to Success:

- ✓ Make a food budget
- ✓ Plan meals and snacks for one week
- ✓ Create a shopping list
- ✓ Review your shopping list and budget





A Few Shopping Tips:

- ✓ Do not shop if you are tired or hungry
- ✓ Don't forget your shopping list and coupons
- √ Compare prices
- ✓ Get frozen and refrigerated foods last.

Publication # FDNS-E-89-15a

Reviewed by Connie Crawley MS, RD, LD 2013

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

An Equal Opportunity Employer/Affirmative Action Organization Committed to a Diverse Work Force

The Importance of a Grocery List:

With a shopping list, you will know exactly what you need. Make copies of this blank one and use it each time you have to go grocery shopping.

Fresh Fruits and Vegetables	Canned Items	Grains (Bread, Cereal, rice, etc)
Staples and Misc.	Dried Beans and Peas	Milk, Cheese, and Yogurt
Meat, Poultry, Fish, and Eggs	Frozen Foods	Non-food Items