

# SMART SHOPPING GUIDELINES



40% of food in the U.S. is never eaten. Careful shopping is the easiest way to way to save more food and dollars in your budget.

## MAKE A LIST

Shoppers who use and stick to lists have lower grocery bills and make fewer shopping trips.

## SKIP THE CART

Bigger carts call us to fill them. Hand baskets help improve your grocery store discipline.

## SCRUTINIZE DEALS

Five bananas for \$1 is a good deal only if you eat all five. Many stores offer the sale price even if you buy less than the stated quantity.

## SHOP THE BULK BINS

Many stores offer grains, nuts, and other dry goods in bulk bins that allow you to purchase only the quantity you need.

## TAP THE SALAD BAR

For recipes that call for small amounts of different vegetables, shop at the salad bar. They will cost more per ounce, but less overall.

## USE A PORTION PLANNER

When you're not sure how much you'll need for your dinner party, use an online portion planner.

## KEEP IT COLD

Buy perishable and frozen foods last so they spend less time at room temperature. And be sure to shake the water from produce—water encourages rotting and adds weight. If you won't be home for a while, keep cold groceries in a cooler in your car.

## SUPPORT IMPERFECTION

Scarred and oddly shaped fruits and vegetables are perfectly normal. If we don't buy them, the store will throw them away.

## BUY THE LAST ONE

Buying the last item on the shelf discourages stores from overstocking to create the appearance of abundance.

For more tips, visit [SaveTheFood.com](http://SaveTheFood.com).

From Waste Free Kitchen Handbook by Dana Gunders, 2015. Used with permission from Chronicle Books, San Francisco.

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