

## **Southeast Area** *Extension*

### **County Extension Offices**

#### **Baca County**

772 Colorado St.  
Springfield, CO 81073  
719-523-6971

#### **Bent County**

1499 Amb. Thompson Blvd.  
Las Animas, CO 81054  
719-456-0764

#### **Cheyenne County**

425 S. 7<sup>th</sup> W.  
P. O. Box 395  
Cheyenne Wells, CO 80810  
719-767-5716

#### **Crowley County**

603 North Main St.  
Courthouse Annex  
Ordway, CO 81063  
719-267-5243

#### **Kiowa County**

1305 Goff  
P. O. Box 97  
Eads, CO 81036  
719-438-5321

#### **Otero County**

411 N. 10<sup>th</sup>  
P. O. Box 190  
Rocky Ford, CO 81067  
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#### **Prowers County**

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Lamar, CO 81052  
719-336-7734

FOR IMMEDIATE RELEASE:-

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### **EASY WAYS TO SHOP FOR FOOD ON A BUDGET**

The number one way to save more time and lower food costs is to shop less often. Fewer trips save you time and money on fuel costs and less money is spent on impulse buying.

If your budget can handle it, it is smart to stock up on low cost pantry items and frozen foods when they are on sale. These items have a longer shelf life than fresh or refrigerated item. Discount stores often have sales on these items and you can save a lot by stocking up when on sale. This then leaves the weekly shopping for fresh produce and dairy items and therefore cuts your shopping time also.

With today's economy and food costs going up, it makes sense to stockpile foods – if you can afford it – as buying now gets you today's prices. Also remember that store brands, when on sale, are an even better buy, so stock up when prices are good. Below are suggestions for items to keep stocked in your cupboards.

- Canned beans
- Canned tomatoes
- Canned soups
- Canned tuna
- Canned vegetables (a wide variety)
- Fat-free dry milk
- Jams and jellies
- Oatmeal
- Pastas (whole grain if you like it)
- Pasta sauce
- Peanut butter
- Rice (brown rice if you like it)

For the freezer, look for the following items and then stock up.

- Bread (whole grain is best)
- Chicken
- Fish (not breaded)

- Lean meats (beef, pork or lamb)
- Turkey
- Vegetables

It's smart to purchase foods that are less processed as it costs less and these items are healthier. An example is fresh potatoes instead of potato chips or frozen French fries. If you compare the cost per ounce of these items you save a lot of money buying the fresh potatoes. You can also save on fat, sodium and calories as well! Let's compare those items by cost per ounce.

- Baking potatoes 0.06
- Frozen French fries 0.13
- Frozen mashed potatoes 0.13
- Instant mashed potatoes 0.21
- Potato chips 0.32

Notice that the costs of the processed foods are 2 to 5 times higher than the fresh potatoes and harder on the waist line.

Remember there are common pitfalls when shopping. Expensive items include soda, chips, sugared cereals, cookies, crackers and convenience meals. Never go shopping without a list – and then stick to it! We all know it is important NOT to shop when we are hungry – everything looks good then and we buy on impulse. Shopping with other family members can also add items to the grocery cart that we don't need.

With careful planning and checking the weekly grocery store ads we can get some great deals, keep in our budget and eat healthier.

For more information on nutrition and diet, contact your local Extension Office.