

# Healthy Eating on a Budget

## (1) Getting to know you and your spending habits on food & beverages 😊

Question	Answer			Is this something you want to work on? Y/N
Do you follow a food/beverage budget per week/month?	Often	Sometimes	Rarely	
Do you set aside money for eating out?	Often	Sometimes	Rarely	
How often do you get takeout, fast-food, restaurant meals or snacks?	Everyday	Sometimes	Rarely	
How often do you buy coffee, juice, smoothies or specialty drinks?	Everyday	Sometimes	Rarely	
Do you plan meals before grocery shopping?	Often	Sometimes	Rarely	
Do you use a grocery list while grocery shopping? And if so, do you stick to it?	Often	Sometimes	Rarely	
Do you check your pantry, fridge and freezer for ingredients you may already have before going to the grocery store?	Often	Sometimes	Rarely	
Do you find yourself making trips to the grocery store multiple times a week?	Often	Sometimes	Rarely	
Do you use coupons or supermarket flyers?	Often	Sometimes	Rarely	
Do you price match when grocery shopping?	Often	Sometimes	Rarely	
Do you compare unit prices?	Often	Sometimes	Rarely	
Do you pack meals from home for school or work?	Often	Sometimes	Rarely	

If you have clicked off “YES” to making some changes to your spending habits or food behaviours, try setting a SMART goal to support this change?

<u>Goal # 1</u>	<u>Goal # 2</u>	<u>Goal # 3</u>
<b>S:</b> <b>M:</b> <b>A:</b> <b>R:</b> <b>T:</b>	<b>S:</b> <b>M:</b> <b>A:</b> <b>R:</b> <b>T:</b>	<b>S:</b> <b>M:</b> <b>A:</b> <b>R:</b> <b>T:</b>

## Let's PERSONALIZE this plan!

**Budget Challenge!** Try tracking your “food and beverage” spending habits for **ONE week** by using the following chart below. After tracking how much you spent on specific food and beverages, you can assess/review to make some personalized changes to reduce costs, and even develop a BUDGET!

Date	\$ Groceries	\$ Restaurants / Fast-Food (meals/snacks)	\$ Beverages (coffee, tea, juice, pop, etc.)
Day 1: _____			
Day 2: _____			
Day 3: _____			
Day 4: _____			
Day 5: _____			
Day 6: _____			
Day 7: _____			
Total			\$

Let's put some common spending habits into perspective!

Purchase daily coffee  
~ \$2.25

= \$820.00/yr

Or

= 10 concert tickets

Two fast-food meals  
per week, \$10/each

= \$1040.00 /yr

Or

= A vacay to Europe

Two restaurant meals  
per week, \$25/each

= \$2600.00 /yr

Or

= 1-2 months of rent

## (2) Prepare at home

### STEP 1

#### LOOK AHEAD



For which busy days in the coming week will you need pre-prepped meals?

### STEP 2

#### MAKE A MENU



Jot down ideas for your pre-prepped meals. Keep this general; nothing five-star.

Chili  
Quiche  
Vegetable Lasagna  
Chickpeas Burgers

### STEP 3

#### SHOP FOR INGREDIENTS



Buy the ingredients for your pre-prepped meals.

### STEP 4

#### COOK FOR THE WEEK



Cook time-consuming meal components: chicken, veggies, potatoes, etc.

Set aside **one day per week** to do your meal prep

- Cook with friends
- Play some music
- Don't forget to substitute ingredients for less expensive & healthier alternatives

### STEP 5

#### STORE IT CONVENIENTLY



Pack your prepped food in stackable clear containers and make them accessible in the fridge.



#### Fridge MAKEOVER Alert!

Let's cut/prep the veggies and fruit **before** you put them away – and move them up to **eye level**!

## Let's PERSONALIZE this plan!

**STEP 1**

### LOOK AHEAD

What are your meal & snack plans for the week? How many are homemade, from restaurants, or on-the-go?

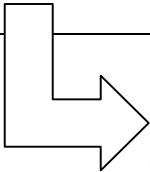
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**STEP 2**

### MAKE A MENU

What is your total weekly budget for food & beverages? \$ \_\_\_\_\_

Item Breakdown	Where/what?	Amount (\$)
Eating out meals/snacks		
Beverages/Coffee/Tea		
Homemade meals/snacks		



Let's make a **grocery list!**

What ingredients do you already have in the kitchen?


**STEP 3**

### SHOP FOR INGREDIENTS

**STEP 4**

### COOK FOR THE WEEK

### (3) Look for the right foods, and use the Nutrition Facts table as a guide

**Stock up on frozen vegetables and fruits.** Frozen fruits and vegetables are often cheaper than their fresh counterparts. Plain frozen vegetables and fruit are just as nutritious as fresh. Freezing does not affect the nutrients. Here are some recipe examples:

- ✓ Add frozen broccoli & cauliflower to your tomato sauce
- ✓ Toss in a frozen spinach cube to your fruit smoothie
- ✓ Combine frozen corn, black beans, diced tomatoes & cilantro – yummy salad!



**Freezer tips for expiration:** frozen citrus fruit (3 months), other fruit (9-12 months), vegetables (8-12 months), vegetable soups & stews (2-3 months)

**Monitor your produce section for cheap options.** Fruits and vegetables often cost less when they are local and in season. Visit Foodland Ontario (*or look for this logo*) for a complete list of when certain vegetables & fruits are in season.



**Look for tougher cuts of meat.** Tender cuts of beef and pork can be expensive, but tougher cuts tend to cost a little less. These cuts can be just as appetizing if roasted slowly in low heat.

- Examples: stewing meat, outside, inside or eye of round, pork shoulder, ground meat, brisket point, cross rib, and flank steak
- How to Tenderize: marinate the meat overnight in the refrigerator, pound the meat using a mallet before cooking, and use slow cooking methods such as stewing, pot-roasting and braising in water or broth.

**Don't forget about non-perishable food items.**

By stocking up on healthy non-perishable foods, not only are they relatively inexpensive, but you always have a “back-up” plan for a healthy meal in your fridge is running low. See below for some examples:

- ✓ Canned tuna, salmon or chicken
- ✓ Canned or dried legumes, such as chickpeas, lentils, red kidney beans
- ✓ Nuts & seeds (e.g. soy nuts, peanuts, almonds, pumpkin seeds and sesame seeds)
- ✓ Whole-grains, including couscous, brown rice, bulgur, oats, high-fibre cereals
- ✓ Canned vegetables and fruit in water
- ✓ Unsweetened applesauce



## Let's PERSONALIZE this plan!

Visit, <https://www.ontario.ca/foodland/page/availability-guide>, and list vegetables & fruit that are currently in season?

Month: \_\_\_\_\_

1. \_\_\_\_\_

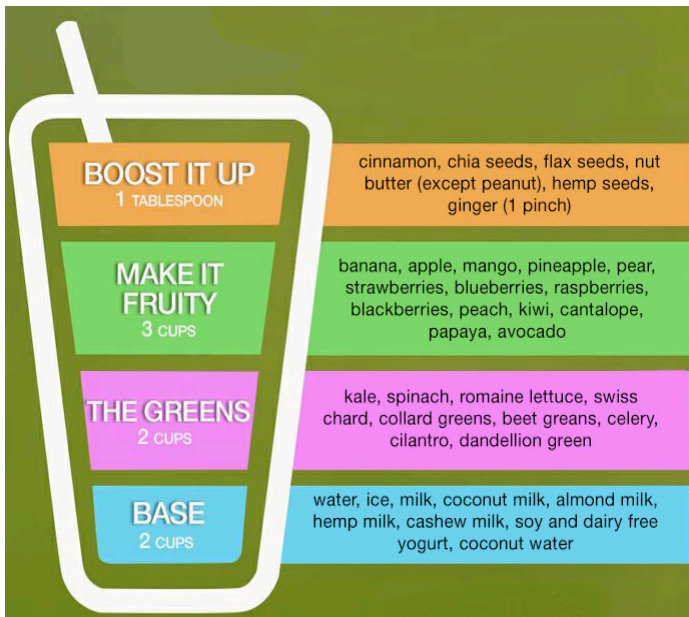
2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



## Food Prep Corner!



Try creating your own smoothie recipe with seasonal vegetables and fruit!

Boost it up:

Make it Fruity:

The Greens:

Base:

Let's make these blueberry muffins healthy, in season, and less expensive:

Ingredient changes/substitutions:

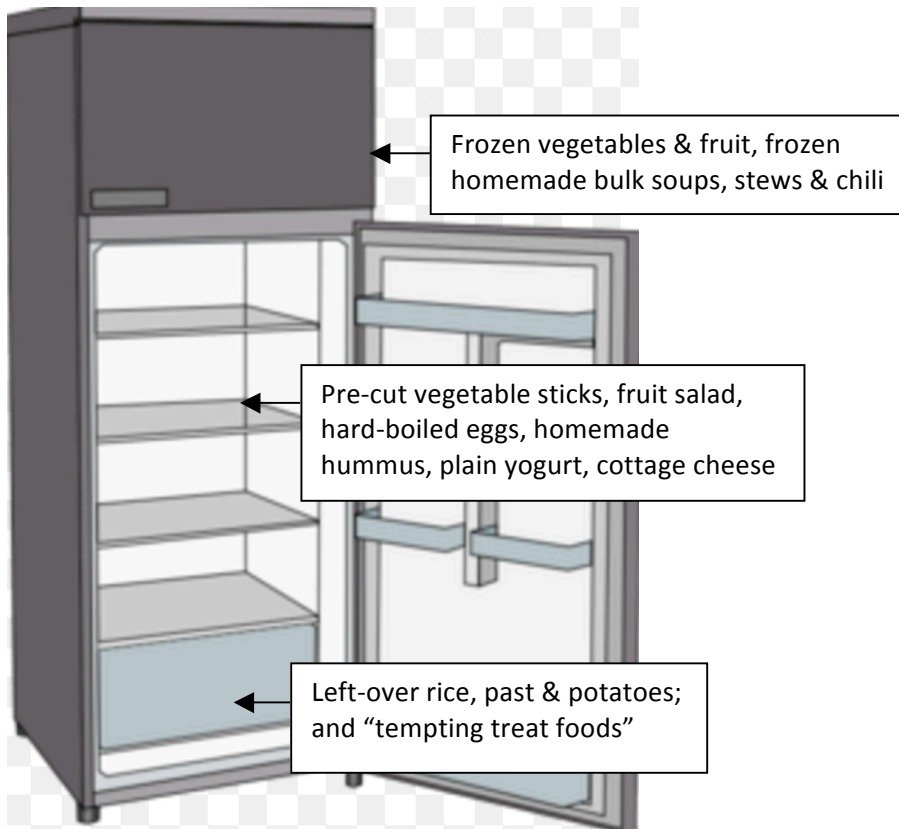
Add vegetables & fruit in season:

Additional healthy ingredients to boost nutrients:





Let's brainstorm a list of healthy & inexpensive foods/beverages you can purchase to stock your cupboards and fridge!



**Any additional ideas?**

---

---

---

---

---

---

---

---

---

---

**Any additional ideas?**

---

---

---

---

---

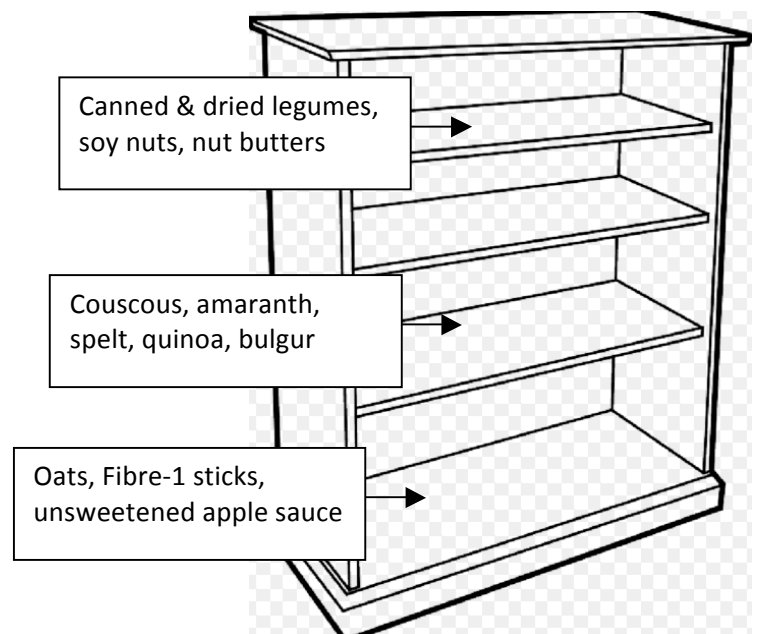
---

---

---

---

---



## Don't forget to use the Nutrition Facts table as a guide

The Nutrition Facts table gives you information on the amount of 13 core nutrients and calories in an amount of food. Use this information and the % Daily Value (% DV) to choose and compare food products for a healthier you. Reading the ingredient list can also help you make better food choices.

Once you are properly educated on how to use the Nutrition Facts table, there are many benefits:

- ✓ Compare products more easily
- ✓ Find out the nutritional value of foods
- ✓ Better manage special diets, such as one that is low in sodium
- ✓ Increase or decrease your intake of a particular nutrient

Here are **five** easy steps to help you read the label:

### Step 1: Look at the serving size

- Compare the serving size on the package to the amount that you eat. If you eat the serving size shown on the Nutrition Facts table you will get the amount of calories and nutrients that are listed.

### Step 2: Look at the calories

- Calories tell you how much energy you get from one serving of a packaged food.

### Step 3: Look at the per cent Daily Value (% Daily Value)

- % Daily Value puts nutrients on a scale from 0% to 100%. This scale tells you if there is a little or a lot of a nutrient in one serving of a packaged food. Use this percentage to compare the nutrient content of different foods.

### Step 4: Try to get more of these nutrients (More than 15%)

- Fibre
- Vitamin A
- Vitamin C
- Calcium
- Iron



### Step 5: Try to get less of these nutrients (Less than 5%)

- Fats
- Saturated + trans fat
- Sodium

Cereal A	Cereal B																																																												
<table><tr><th colspan="2">Nutrition Facts</th></tr><tr><td colspan="2">Per 1/2 cup (28 g)</td></tr><tr><th>Amount</th><th>% Daily Value</th></tr><tr><td>Calories 120</td><td></td></tr><tr><td>Fat 1 g</td><td>2 %</td></tr><tr><td>Saturated Fat 0.2 g</td><td>1 %</td></tr><tr><td>+ Trans Fat 0 g</td><td></td></tr><tr><td>Cholesterol 0 mg</td><td></td></tr><tr><td>Sodium 170 mg</td><td>7 %</td></tr><tr><td>Carbohydrate 23 g</td><td>8 %</td></tr><tr><td>Fibre 7 g</td><td>28 %</td></tr><tr><td>Sugars 5 g</td><td></td></tr><tr><td>Protein 3 g</td><td></td></tr><tr><td>Vitamin A 0 %</td><td>Vitamin C 0 %</td></tr><tr><td>Calcium 2 %</td><td>Iron 30 %</td></tr></table>	Nutrition Facts		Per 1/2 cup (28 g)		Amount	% Daily Value	Calories 120		Fat 1 g	2 %	Saturated Fat 0.2 g	1 %	+ Trans Fat 0 g		Cholesterol 0 mg		Sodium 170 mg	7 %	Carbohydrate 23 g	8 %	Fibre 7 g	28 %	Sugars 5 g		Protein 3 g		Vitamin A 0 %	Vitamin C 0 %	Calcium 2 %	Iron 30 %	<table><tr><th colspan="2">Nutrition Facts</th></tr><tr><td colspan="2">Per 3/4 cup (30 g)</td></tr><tr><th>Amount</th><th>% Daily Value</th></tr><tr><td>Calories 120</td><td></td></tr><tr><td>Fat 0 g</td><td>0 %</td></tr><tr><td>Saturated Fat 0 g</td><td>0 %</td></tr><tr><td>+ Trans Fat 0 g</td><td></td></tr><tr><td>Cholesterol 0 mg</td><td></td></tr><tr><td>Sodium 150 mg</td><td>6 %</td></tr><tr><td>Carbohydrate 27 g</td><td>9 %</td></tr><tr><td>Fibre 1 g</td><td>4 %</td></tr><tr><td>Sugars 10 g</td><td></td></tr><tr><td>Protein 2 g</td><td></td></tr><tr><td>Vitamin A 0 %</td><td>Vitamin C 0 %</td></tr><tr><td>Calcium 2 %</td><td>Iron 30 %</td></tr></table>	Nutrition Facts		Per 3/4 cup (30 g)		Amount	% Daily Value	Calories 120		Fat 0 g	0 %	Saturated Fat 0 g	0 %	+ Trans Fat 0 g		Cholesterol 0 mg		Sodium 150 mg	6 %	Carbohydrate 27 g	9 %	Fibre 1 g	4 %	Sugars 10 g		Protein 2 g		Vitamin A 0 %	Vitamin C 0 %	Calcium 2 %	Iron 30 %
Nutrition Facts																																																													
Per 1/2 cup (28 g)																																																													
Amount	% Daily Value																																																												
Calories 120																																																													
Fat 1 g	2 %																																																												
Saturated Fat 0.2 g	1 %																																																												
+ Trans Fat 0 g																																																													
Cholesterol 0 mg																																																													
Sodium 170 mg	7 %																																																												
Carbohydrate 23 g	8 %																																																												
Fibre 7 g	28 %																																																												
Sugars 5 g																																																													
Protein 3 g																																																													
Vitamin A 0 %	Vitamin C 0 %																																																												
Calcium 2 %	Iron 30 %																																																												
Nutrition Facts																																																													
Per 3/4 cup (30 g)																																																													
Amount	% Daily Value																																																												
Calories 120																																																													
Fat 0 g	0 %																																																												
Saturated Fat 0 g	0 %																																																												
+ Trans Fat 0 g																																																													
Cholesterol 0 mg																																																													
Sodium 150 mg	6 %																																																												
Carbohydrate 27 g	9 %																																																												
Fibre 1 g	4 %																																																												
Sugars 10 g																																																													
Protein 2 g																																																													
Vitamin A 0 %	Vitamin C 0 %																																																												
Calcium 2 %	Iron 30 %																																																												
<p><b>Cereal A</b> has a lot of <b>fibre</b> (28% DV).</p> <p><b>Cereal B</b> has a little of <b>fibre</b> (4% DV).</p> <p>If <b>fibre</b> is a nutrient you want more of, Product A is a better choice for you.</p>																																																													



## Nutrition Facts table IQ check

#1 Turkey & chickpea burger, whole-grain bun



#2 Beef & cheese burger, white bun



Burger # 1 Nutrients	% DV	Yay or Nay	Burger # 2 Nutrients	% DV	Yay or Nay
Saturated + trans fat 5g	24%		Saturated + trans fat 12g	49%	
Sodium 450mg	19%		Sodium 720mg	26%	
Fibre 7g	21%		Fibre 1g	4%	
Vitamin A	18%		Vitamin A	20%	
Vitamin C	12%		Vitamin C	10%	
Calcium	3%		Calcium	8%	
Iron	10%		Iron	12%	

**\*\*Please note: these are approximations\*\***

## Just some other useful (and general) Nutrition Facts table tips...

Saturated fat	Sodium	Fibre	Sugar	Cholesterol
Aim for < 5% DV		Aim for > 15% DV		
Aim for < 2-5g/d	Aim for 500mg/meal 150-200mg/snack	Aim for <4g/serving	Aim for <8g/serving	Aim for ≤300mg/d
Found in animal products (e.g. beef, chicken, butter, milk, yogurt, cream)	Found in packaged foods, especially processed foods (e.g. instant soups)	Found in grain products (e.g. cereal, pasta, breads, crackers)	Sugar can be naturally found in foods (e.g. plain yogurt), however, >8g/serving is likely “added sugar”	Our bodies do need some cholesterol, but not typically >300mg/d (e.g. 2 large eggs = 390mg cholesterol)

## (4) Equip Yourself with the Right Budgeting Tools

### A. Compare products using the “Unit Price”

Unit pricing is the cost per unit of measure of goods, such as the cost per milliliter or per ounce.

Unit pricing information is most commonly displayed on in-store shelf labels and/or signs. For example: \$1.59 for a 24-ounce jar of spaghetti sauce divided by a standard unit of measurement (such as ounces) to provide a simple price comparison point (\$1.59 divided by 24 ounces = \$0.07 per ounce). **The lower the unit price, the better deal you are getting.** Comparing the unit price of similar products (example: name brand versus store brand) will ensure that you get the best deal possible **without having to do any math.**



### B. Start saving with coupons – paper copies, online or on your phone!

Search through junk mail, newspaper advertisements, Internet, and smart phone applications to search for great deals. Make sure to pick up a flyer or load your offers, at the beginning of your grocery trip. If you are on a coupon app, most grocery stores can **price match** the item from your smart phone or flyer.



Flipp  
(iOS/Android)



PC Plus  
(iOS, Android, Blackberry)



RedFlagDeals  
(iOS/Mobile web)



Checkout 51  
(iOS/Android)

### C. Monitor weekly specials.

Every grocery store has its own weekly specials. Often, these specials are advertised in newspapers or specific grocery store smart phone applications. You can scan the flyer before entering a grocery store if you choose to search for deals right before you shop.

### D. Watch out for “Eye Level” prices.

- ✓ Eye level foods in aisles are often more \$\$\$
- ✓ Make sure to look foods on the lower/upper shelves



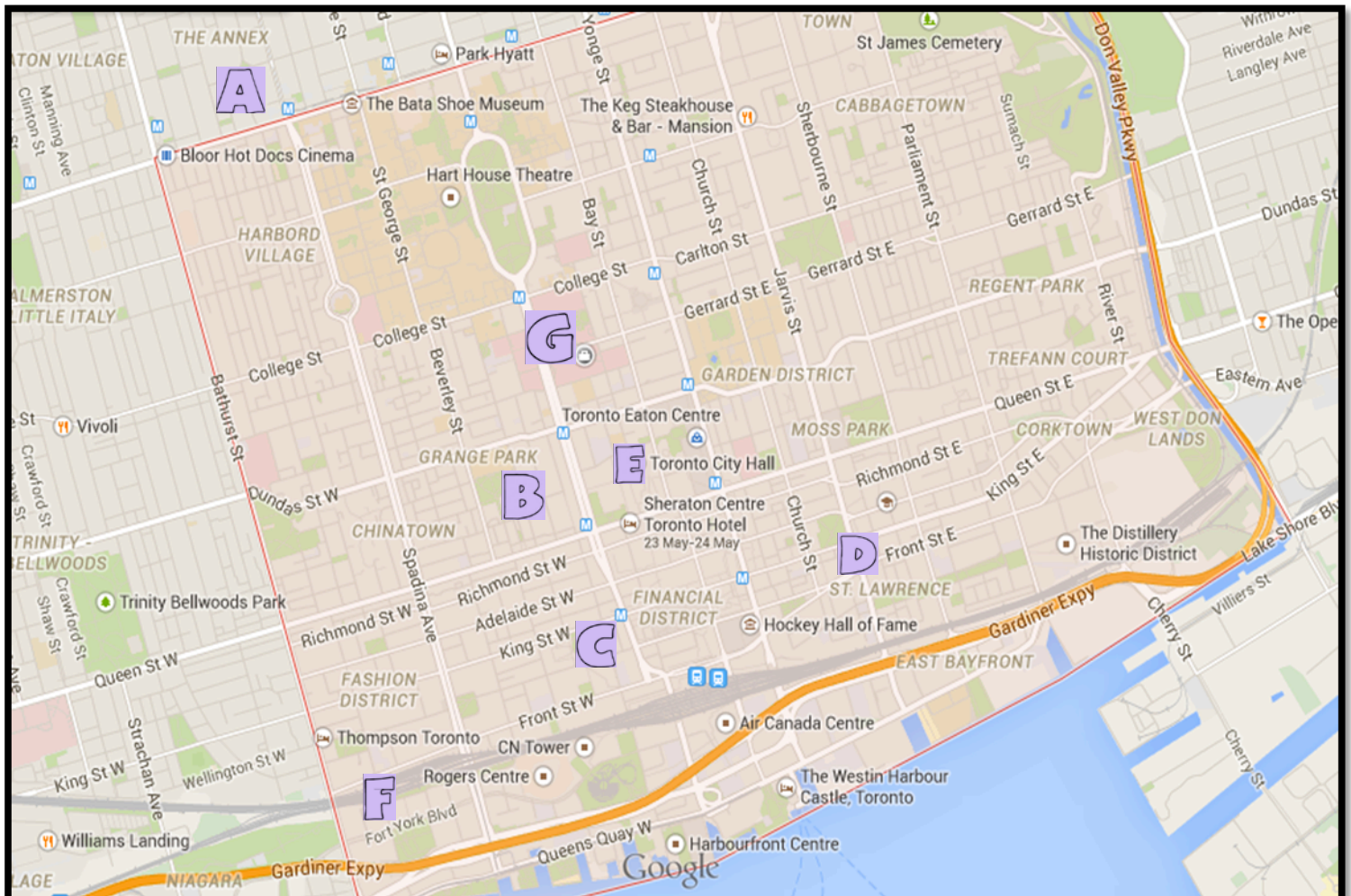
## E. Go to discount grocery stores/markets.

Many discount grocery stores sell foods at lower costs by skipping out on name brands. These stores also sometimes save money by making customers bring their own bags or pay for cart service.

- Kensington Market
- Chinatown
- Retail stores (Food Basics, No Frills)

If you are looking to buy produce locally, check out some downtown food markets:

	Name	Dates	Days	Time	Location	Neighborhood
	<b>Downtown Core</b>					
A	<b>MyMarket Bloor and Borden</b>	June to October	Wednesdays	3:00 – 7:00 pm	Green P parking on Lippincott St.	The Annex
B	<b>John Street Farmers' Market</b>	June to October	Wednesdays	3:30 – 7:00 pm	St. George-the-Martyr Anglican Church	Queen West
C	<b>Indulge at David Pecaut Square</b>	May to October	Thursdays	8:00 – 2:30 pm	David Pecaut Square	King West
D	<b>St. Lawrence Market</b>	Year Round	Saturdays	5:00 – 3:00 pm	St. Lawrence Market North Market	St. Lawrence Market
E	<b>Nathan Phillips Square</b>	June to October	Wednesdays	8:00 – 2:30 pm	Nathan Phillips Square	Queen West
F	<b>My Market CityPlace</b>	June to October	Tuesdays	3:30 – 7:30 pm	Canoe Landing Park	Harbourfront
G	<b>SickKids Farmers Market</b>	June to October	Tuesdays	8:00 – 2:00 pm	SickKids Hospitals	University and Dundas





## Examples of Affordable Groceries

### Protein

Item	Quantity	Price (\$)	Price Per Unit (\$)	Example Recipes
Canned Salmon	14.75 oz	3.09	0.77	Salmon cakes, Salmon burgers
Canned Beans	15 oz	0.84	0.22	Black bean dip, Green herb hummus
Dried Lentils	1 lb	1.35	0.14	Dry bean soup, lentil salad
Almonds	1 lb	8.00	0.50	Almond butter cookies, Asian noodle bowl with spicy almond sauce

### Fruits & Vegetables

Item	Quantity	Price (\$)	Price Per Unit (\$)	Example Recipes
Apples	1 lb	1.39	0.35	Cabbage apple slaw, Applesauce bran muffins
Onions	1 lb	0.79	0.16	French onion soup, Caramelized onion pork chops
Carrots	1 lb	0.74	0.15	Carrot bran muffins, Cucumber and carrot salad
Sweet Potato	1 lb	0.75	0.19	Sweet potato and lentil soup, Mashed sweet potatoes
Banana	1 lb	0.48	0.12	Banana honey pecan muffins, Peachy keen banana smoothie
Lettuce	1 lb	0.74	0.15	Beat salad with goat cheese, Caesar salad
Canned Tomatoes	14.5 oz	1.00	0.28	Spaghetti sauce, Tomato basil soup

### Whole Grains

Item	Quantity	Price (\$)	Price Per Unit (\$)	Example Recipes
Whole-Grain Pasta	13.25 oz	1.34	0.22	Fettuccine Alfredo, Sausage & mushroom lasagna
Brown Rice	32 oz	1.75	0.30	Brown rice salad with spinach and tomato, Brown rice stir fry
Oats	18 oz	2.99	0.23	Date-oat muffins, Overnight oatmeal
Popcorn Kernels	2 lbs.	2.39	0.30	Kettle corn popcorn, Caramel-almond popcorn


### Dairy

Item	Quantity	Price (\$)	Price Per Unit (\$)	Example Recipes
Skim Milk Powder	500 g	8.49	0.43	Spiced hot chocolate, Banana smoothie
Yoghurt	32 oz	2.49	0.47	Great Greek wrap, Tuna melts

## Let's PERSONALIZE this plan!

### (1) Sample Coupon Meal

#### Classico Pasta Sauce




1 6.4 Printable

Save \$1 on Classico pasta sauce.

**PRINT COUPON** 1697 savers

#### Barilla Pasta



1 7.3

Save \$0.50 on Barilla Classic pasta.

**GET COUPON** 1141 savers

**Total Savings = \$1.50**

### (2) Price Per Unit Calculation

#### Example

- laundry detergent X costs \$7.62 for a 2.5 litre bottle. Its unit price is \$3.05 per litre
- laundry detergent Y costs \$5.74 for a 1.5 litre bottle. Its unit price is \$3.83 per litre.







The cheapest product is laundry detergent X.

<b>LAUNDRY DETERGENT</b> <b>2.5 L</b> <b>\$7.62</b> <b>\$3.05 per 1 L</b> Unit price	<b>LAUNDRY DETERGENT</b> <b>1.5 L</b> <b>\$5.74</b> <b>\$3.83 per 1 L</b> Unit price
--	--

Calculate the unit price per 100ml for the items below. Which item has a lower unit price and is better to buy?

Small canned tomatoes 540 mL \$1.09	
Large canned tomatoes 796 mL \$1.69	

### (3) Step-by-Step Grocery Store Process

1	Plan your trip 	2	Make a budget 	3	Make a list that you'll respect 
4	Use coupons intelligently 	5	Read flyers carefully 	6	 <b>HAVE FUN AND KEEP SMILING</b>

## (5) Meal planning → converted into a grocery list!

### **STEP ONE: Try following the nutrition tips below, while planning your meals & snacks**

1. Follow Canada's Food Guide food group servings/d (based on your age/gender) + portion sizes
  - To meet your Vegetable & Fruit needs daily, make sure **½ your plate** at meals includes non-starchy vegetables, and each snack is balanced with a fruit
  - Beware of “today's portions” and Canada's Food Guide portions – for example 1 bagel = 4 servings grains products (which is more than ½ of your daily needs)
2. Balance your meals with 3-4 food groups (e.g. cereal, milk, berries, nuts = balanced breakfast), and snacks with 2-3 food groups (e.g. crackers, cheese, cucumber slices = balanced snack)
3. Stay hydrated with water and 2 cups skim (plain) milk. Sugary beverages, including 100% fruit juices, contain A LOT of calories that provide very little/no nutrition value. For example, 1 can regular pop contains ~12 tsp sugar = approx. 200 calories.
4. Timing and frequency of your meals matter, A LOT! Avoid skipping meals (e.g. implementing strategies to manage the “morning rush”), as this will minimize cravings, temptations and overeating. Make sure to start your meals early on in AM, and finish them early on in PM – including weekends and holidays!
5. Slow down while you are eating. Spend 20-30 minutes eating your meal, and 15-20 minutes eating your snacks. This will give your body enough time to register if you are full, before going for seconds, and preventing that feeling of being “stuffed”. Being more mindful during meal/snack times (e.g. no television or computer screens or sitting at a kitchen table) can help you slow down while eating.
6. Pick one day a week to prepare your meals & snacks in bulk (e.g. Sunday). By designating protected time to cook on a weekly basis, you will add variety to your menu (e.g. trying new recipes), and start forming healthy food-related behaviours/habits, hopefully everlasting!

### **Let's see how you're doing?**

Try to think about your “usual” dietary intake or what you have eaten over the last 24-hours. Write it down in the chart below, and see if you are following any of the aforementioned nutrition tips.

Time consumed, food/beverage type & portion	Tip # 1	Tip # 2	Tip # 3	Tip # 4	Tip # 5	Tip # 6
Meal 1						
Snack 1						
Meal 2						
Snack 2						
Meal 3						
Snack 3						



**STEP TWO:** Brainstorm and develop a list of balanced meals & snacks that can last you throughout the week (e.g. 3 breakfast ideas that you can eat over 7 days)

<b>Breakfast (3-4 food groups)</b>		
#1	#2	#3
<b>Lunch (3-4 food groups)</b>		
#1	#2	#3
<b>Dinner (3-4 food groups)</b>		
#1	#2	#3 <b>Recipe of the WEEK!</b>
<b>Morning Snack (2-3 food groups)</b>		
#1	#2	#3
<b>Afternoon Snack (2-3 food groups)</b>		
#4	#5	#6
<b>Fluids</b>		
#1	#2	#3

**STEP THREE:** Put each ingredient listed in STEP TWO in the following “Grocery Store Food Sections”, and take this chart with you to the grocery store!

Grocery Store Food Section	Food or Beverage Items	Can you decrease cost and/or make healthier?
<b>Vegetables &amp; fruit</b> (fresh, frozen, canned)		
<b>Meat, fish, shellfish, poultry</b> (fresh, frozen, canned)		
<b>Meat alternatives</b> (eg: canned/dried chickpeas, lentils, kidney beans, tofu, nuts/seeds, edamame beans)		
<b>Dairy products</b> (eggs, milk, cheese, cottage cheese, yogurt)		
<b>Grain products</b> (eg: breads, crackers, cereal, oatmeal, granola bars)		
<b>Fluids</b> (eg: water, crystal light, light hot chocolate mix, tea, coffee)		
<b>Other</b> (100 calorie snack packs, frozen yogurt, rice cakes, dried fruit sticks, baked chips, popcorn)		

**Pre-during-post grocery shopping “healthy rituals”:**

1. Have a snack before you go grocery shopping (hungry shopper = impulsive shopper)
2. Make a grocery list, and STICK to it! Spend most of your time in the perimeter of the store (fresh foods)
3. When you arrive at the grocery store, scan coupons, and refer to your list – any cheaper substitutions?
4. When you get home, do not just unpack your groceries, but clean/cut/prep your produce (e.g. veggie sticks)