

Shop Smart

Healthy Grocery Tips Checklist to Save Money and Eat Well



Consider Some Convenience Buys

Sometimes, life gets really busy and it can feel like eating out is the only option sometimes when you just don't want to cook. Consider convenience buys that you may pay a little more for but it will ensure you have a simple meal to toss together quickly — like frozen chicken breasts and steamed veggies.

Have a Game Plan

Make a grocery list based on recipes you plan to use throughout the week. Stick to your list instead of aimlessly wandering and selecting items that happen to look tasty.



Keep Sugar Out of the House

Skip white sugar, when possible. When cooking or baking, switch sugar out for items like honey, medjool dates, and maple syrup for a touch of natural sweetness.



Don't Shop Hungry

This is one of the best healthy grocery shopping tips out there. Don't shop hungry! If you're hungry, you're going to toss whatever looks delicious to you in your cart.



Buy in Bulk

One of the best healthy grocery shopping tips is to buy in bulk. That's because you'll usually get a cheaper per ounce rate. Think nuts, oatmeal, seeds, and spices.



Shop the Perimeter

Fresh food items are generally found on the perimeter of the grocery store. Avoid the middle aisles if you can.



Opt for Water Over Oil

If you're a fan of canned meats — think tuna and chicken — then be sure to choose meats that are canned in water instead of oil.



Skip the Frozen Pizza

As simple as frozen pizza is for an at-home meal, it's definitely not one of the healthiest choices. Every once in a while isn't a big deal, but weekly or daily for dinner is far from ideal. Spend the money on DIY pizza ingredients instead if you're really craving pizza!



Explore Alternative Food Options

Remember, the grocery store is not the only place to buy healthy food. Other options to consider for healthy food choices include keeping your own garden, visiting food co-ops, and exploring local farmer's markets.



Change Your Caffeine Method

Coffee can be good for you, but for some people it may cause GI issues. If this is the case, opt for caffeinated sparkling waters or green tea for an energy boost that can power you through the day.



Buy Filling Proteins

Protein and fiber are what keep you feeling full long after you've finished a meal. Opt for filling, lean proteins like chicken and seafood and even tofu.



Eat Seasonally

Eating seasonally is one of the best ways to eat the most nutrient-dense foods.



Look at Sales

Healthy grocery shopping doesn't have to cost a fortune. Compare prices, look at generic versions of products, and use grocery saving apps to save money.

