





With a little planning, you can save a lot and improve your health.

Before you shop

Take a pantry/fridge inventory

- Decide what can be used as a meal or part of a meal.
- Throw away expired products.
- Clean and arrange the shelves.

Plan your meals

- How many meals or snacks will you eat at home?
- When do you need quick meals?
- What do you need to make complete meals from your inventory?
- Make a list of recipes to use throughout the week. Find healthy recipes in our Savory magazine (free in-store and at savoryonline.com). You can even search recipes by ingredients you have on hand.
- Then, create a grocery list. Organize it by section of the store to help you shop more quickly.

Stock the staples

Keep these on hand for fast and inexpensive meals:

- Peanut butter
- Canned/dried beans
- Oatmeal
- Sauces
- Canned tuna and salmon
- Low-sodium canned tomatoes
- No-sugar-added canned fruits
- Frozen fruits and vegetables
- Brown rice
- Pasta
- Barley
- Vegetables

Invest in flavors

Start with:

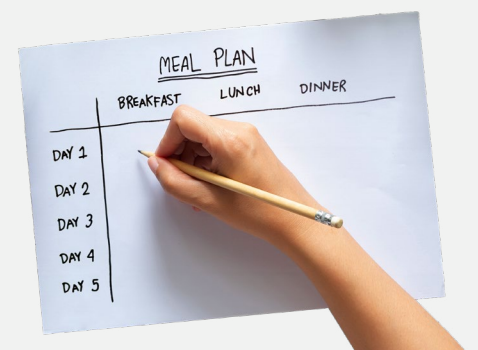
- Black pepper
- Rosemary
- Bay leaves
- Onion powder
- Vanilla extract
- Oregano
- Thyme
- Garlic powder
- Cayenne
- Cinnamon

- Some spices can be purchased in small packages, which is a great way to decide if you like them before buying whole bottles.

- When possible, choose low-sodium soy sauce, bouillon and broths.

Check for savings

- Don't forget to collect any coupons you may be able to use on your shopping trips.
- Add digital coupons to your GO Rewards loyalty card in the Stop & Shop app or at stopandshop.com.
- Check for sales in our weekly sales flyer online or in-store.





While you shop

Stick to your list

- Stick to your list! Before adding an item to your cart, ask yourself how you plan to use that item in your weekly meals.
- Buy store-brand products—they offer the same quality as national brands at lower prices!
- Compare unit prices. The unit price will tell you how much an item costs per pound, ounce, quart, etc. It can be very useful when comparing two items.
- Use **Guiding Stars**, a nutrition guidance program to help you quickly find foods with the most nutritional value. Just look for the stars throughout the store.

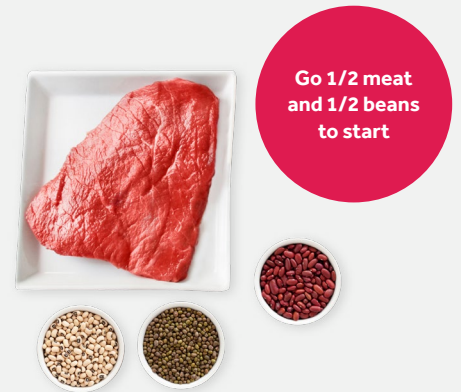


Picking produce

- Buy produce when it's in season—you will have the freshest product at an affordable price.
- Choose frozen or canned produce for longer shelf life if you can't get to the store frequently.

Choosing protein

- Buy in bulk—look for value packs of chicken, turkey or meat when possible and freeze the extras for later.
- Use less expensive cuts of red meat, such as chuck, skirt or brisket for casseroles or slow-cook meals. Try replacing poultry or meat with inexpensive and nutritious canned or dried beans.



After you shop

- Place fruits and vegetables up high in your refrigerator where you can see them.
- Prevent waste by using your fresh produce at the beginning of the week and frozen, canned and packaged options toward the end.
- Make use of all edible parts instead of throwing them away. Chop broccoli and cauliflower stems into matchsticks, leave skin on root veggies and save scraps to make homemade broth.
- Keep dairy products in colder sections of the refrigerator and place condiments in the door.
- Place meats and eggs in the lower portion of your refrigerator.
- If you buy meat or poultry in bulk, freeze what you won't use this week.
- Double recipes and enjoy leftovers or freeze them for a quick and easy meal for another day.
- Keep portion sizes in check! Are they too big? Consider reducing.
- Choose water instead of juices or sodas. It will save you money and calories!

