Ten Tips for Buying Food & Clothes


Food

• Use coupons or buy foods on sale only if your family will eat the food.

• Beware of advertising that pushes more instead of better. Quality is more important than quantity.

• Buy foods with more nutrients. A good price plus valuable nutrients is a winning combination.

• Learn how to garden. Food is fresher and the exercise is an additional benefit.

• Know your grocery stores. Know when the sales start, when items are marked down and when coupons double.
  – Plan your meals around sales at the grocery store.
  – Purchase fruits and vegetables that are in season or are on sale that week.
  – Look for manager’s specials early in the morning and late in the day.

• Shop your nearest farmer’s market. Produce will cost less and will be fresher.

• Buy frequently used items in bulk. Separate, repackage and store.

• Decrease the amount of food waste in your household. Make plans to use all the food you purchase.
  – Cook enough for only one meal if family members won’t eat leftovers.
  – Mash and freeze bananas that are overripe. Use later to bake banana bread.
  – Take leftovers for your lunch or plan another meal for the family using them.
  – Make a list of the food you put in the refrigerator and freezer and date the packages to help you remember what needs to be used first.
  – Before you go to the grocery store, check your pantry and freezer to make sure you don’t buy more than you need.

• Plan a couple of meatless meals every week. Use beans to make a vegetarian chili or bean burritos.

• Consider buying generic foods rather than the higher priced national brands.

Julie Chobdee, Wellness Program Coordinator
Julie.chobdee@ucr.edu | 951-827-1488
Clothes

• Determine a clothing budget, then stay within it.
• Buy the best quality you can afford; clothes will look better and wear longer.
• Buy color-coordinated clothes you can mix and match.
• Shop out of season.
• Buy well-constructed garments. They will wear longer.
• Buy wash and wear; avoid the added expense of dry cleaning.
• Learn to sew. Start by replacing buttons and hemming pants.
• Look for online deals. Sign up for email newsletters from retailers for sale notices and coupons.
• Shop factory-outlet stores, thrift shops, and rummage sales for good quality items.
• Care for your clothing – check the care tags for instructions.