



Affordable Nutrition: Shopping on Budget

Shopping for nourishing, affordable food at the grocery store shouldn't be a struggle. This resource provides some tips and tricks for exploring the aisles while making the most of your budget.

Seek Out the Sales

From coupons to promotion codes, take advantage of discounted offerings when available. These discounts can be beneficial for your budget and showcase new products you wouldn't typically purchase that could inspire some creativity in the kitchen.

In addition to coupons, look for the in-store sales during your next trip to the store. For any in-store food demos, there is a chance the item being showcased is on sale – so be sure to grab the coupons if available. Stocking up on discounted items like meat, seafood or fresh produce and freezing for future use is one of the many ways your budget can benefit from the sale section.

Buy in Bulk

Buying non-perishable items – such as whole grain oats, dried/baked fruit, beans, lentils or canned goods – is a good way to stock up on items that will last longer in your pantry. Check the package for the expiration date. In fact, a recent study showed that oats are one of the most cost-effective source of whole grains.¹ Whether you choose Old Fashioned or Steel Cut, Instant Oats or Gluten-Free Oats*, this whole grain is highly versatile and offers countless possibilities to get additional nutrition and taste out of what you eat each day. As for the canned items, which are sometimes more affordable than the fresh options, opt in for the no or low-sodium options when possible.

**To find Quaker Gluten Free Oats, look for specifically marked packaging.*

Choose In-Season

Shopping for in-season produce that you'll eat within a week will typically cost less than purchasing it when it's out of season. If your area has a local farmers market, this is another great way to buy fresh, in-season produce and support local businesses.

Don't Go Shopping Hungry

If you've ever gone grocery shopping while hungry, you know this can sometimes result in food or beverage purchases that wouldn't normally be on your list. Depending on when you go shopping, eat a meal or a snack before stepping into the store and letting your current cravings result in future food waste.

Build Your Shopping List

Before stepping out the door, take inventory of what items you currently have in your fridge or pantry. What staple items do you need this week? What are some meals you're hoping to make? Planning ahead will help you focus your spending on items you know you want and can use before they expire.

Kitchen Clean Out

Getting creative in the kitchen can help you use what you have on hand to create a quick snack or tasty meal option. Whether you're diving into leftovers, using the pieces you've trimmed off fresh produce or combining any extras of your favorite ingredients for quick, portable snacks, you can avoid wasting food and money by making the most out of your fridge finds and pantry staples. Below are some ideas to get you started:



Trail Mix: Making a DIY trail mix with your favorite ingredients is a great way to use up the last few pieces of dried fruit or nut mix. Combine your dried or crispy baked fruits – like strawberry or pineapple – cereal, nuts, dark chocolate pieces or popcorn to create your favorite on-the-go snack



Oat Bites: If you buy in bulk and have extra oats on hand, combine dry oats with your favorite nut butter, honey and dried fruit, rolling the ingredients into easy bite-size snacks



Veggie Medley: Instead of throwing away the last few carrots or pieces of broccoli, toss your remaining veggies with some spices and olive oil, cook in the oven or on the stovetop and you have yourself an easy vegetable medley.



Egg Bake: Combine any remaining vegetables with eggs for a tasty breakfast option. These can also be cut into slices and frozen for a great meal prep option.



Smoothies: Instead of tossing the ends or trimmed bits of raw fruits and vegetables, add them into a smoothie with oats, ice and milk and you'll have yourself a tasty morning smoothie.



Chopped Salads: By mixing leftover meat or poultry with vegetables, dressings and anything else in the refrigerator into a chopped salad, you can create a tasty meal option. Be sure to follow good food safety practices when storing and preparing your leftovers.