

The Super Cart

Do a quick comparison, and it's easy to see: **The Super Cart** contains food choices that are both **good for you** and **good for your budget.**

The Super Cart:
High Nutrition
Lower Cost

The Other Cart:
Low Nutrition
Higher Cost

Compare What's In the Cart

HIGH IN FIBER:

- Whole grain cereal
- Oatmeal
- 100% whole grain bread
- Whole grain pasta
- Long grain brown rice

HIGH IN VITAMINS:

- Fresh fruits & vegetables
- Frozen fruits & vegetables
- Canned fruits & vegetables
- 100% fruit juice: frozen or shelf stable bottle

HIGH IN PROTEIN:

- Dried split peas
- Canned black beans
- Peanut butter
- Chunk light tuna
- Tofu
- Eggs

HIGH IN CALCIUM:

- Skim milk
- Cheddar cheese block

HIGH IN SUGAR:

- Ice cream
- Fruit rolls
- Donuts
- Cookies
- Soda pop
- Bottled coffee drinks
- Sports drinks
- Drink mixes with low juice component
- Candy
- Gum
- Mints

HIGH IN FAT:

- Hot dogs
- Bacon
- Full fat breakfast sausage
- Frozen pizza (3 meat)
- Chicken nuggets
- Chips
- Frozen French fries

\$72³⁶

\$90⁹¹

Super Shopping Checklist

DRY GOODS:

- Whole grain cereals
- Fortified cereals
- 100% whole grain bread
- Whole wheat tortillas
- Brown rice



FROZEN FRUIT AND VEGETABLES:

- Green peas
- Spinach
- Strawberries
- Mixed fruit
- Mixed vegetables



DAIRY:

- Low-fat yogurt
- Natural cheese
- Milk (1% or skim)



CANNED FRUIT AND VEGETABLES:

- Tomatoes
- Green beans
- Peas
- Peaches (in natural juice)
- Pineapple (in natural juice)
- Applesauce (no sugar added)

BEVERAGES:

- 100% fruit juice

PROTEIN RICH FOODS

- Peanut butter
- Canned tuna
- Tofu
- Canned beans
- Dried beans
- Eggs



FRESH FRUIT AND VEGETABLES:

- Carrots
- Green peppers
- Dark leaf lettuce
- Sweet potatoes
- Broccoli
- Apples
- Oranges
- Bananas



Ten Choice Shopping Tips

- Make a shopping list and stick to it; adding extra items will increase your grocery bill
- Stock up on fresh food, which is often less expensive and healthier than buying prepared food; buying fresh food, especially produce, in season is also often cheaper
- Don't automatically buy bulk; compare the price per ounce or pound to find the best value for the package size
- If you do buy bulk, make sure that you can reasonably use the product before its expiration date
- Select menus with advertised specials in mind
- Watch the scanner and check your receipt to make sure your prices are correct
- Consider planning your menus to help focus your grocery shopping efforts and avoid buying items that you don't need
- Use a small memo book to track what you spend on items that you frequently purchase and you'll quickly learn what's a good buy
- Clip coupons only for items that you need, such as staple foods and ingredients for your recipes
- Check out frequent shopper programs to determine potential savings