Tips for a successful trip to the grocery store

1. **MAKE A LIST**—make a list and stick to it! If you go to the store without a grocery list, you will more likely buy items you do not need, therefore, spending more money.

2. **EAT BEFORE GOING TO THE GROCERY STORE**—if you go grocery shopping while you are hungry, you will be more likely to buy foods that are not on your shopping list and that are higher calorie food items.

3. **LEARN THE LAYOUT OF THE STORE**—by doing so, you will save time by finding the foods you are looking for quickly.

4. **STICK TO THE OUTSIDE AREA OF THE STORE**—these are where all of your healthier items are going to be. Going down aisles is where all of the processed ‘dangerous’ food lies.

5. **ONLY GO DOWN AISLES FOR FOOD ON YOUR LIST**—‘sightseeing’ in other aisles may tempt you to buy something you don’t need, spending more money.

6. **IGNORE BRIGHT & ATTRACTIVE PACKAGING**—these advertising techniques make you notice and then purchase food items that are probably not on your list.

7. **SPECIAL PRICE CLAIMS**—for example, ‘3 for $2’ may cause you to buy 3 items even if you only planned on buying one. Most stores will give you the special price if you only buy one or two.

See below for money saving tips!
On behalf of the entire Agency Relations Team and the rest of the staff here at Food Gatherers, I would like to thank all of our partners in taking the time to partake in our October Data Collection. These surveys are important for us so that we can continue to receive funding and provide food and services to programs like yours.

Breads, Cereals, Rice & Pasta

1. Buy day-old bread or rolls—use them quickly, freeze them, or use them in recipes.
2. Buy unsweetened cereals. Adding a tiny bit of sugar yourself costs less than buying sweetened cereals and you may save several calories that won’t go to your waistline.
3. Store brands sometimes cost less than national brands.
4. Plain pasta shapes like macaroni are cheaper than fancy shapes.
5. Brown rice and regular white rice cost less than instant rice.

Fruits & Vegetables

1. Choose store brands of canned fruits/vegetables to get good quality at a lower price. Check for ‘no salt added’ or ‘low-sodium’ on the label.
2. Buy plain frozen vegetables instead of ones with special sauces or seasonings. This will save you money and you won’t get the extra calories/sodium from cheese sauces and seasonings.
3. Buy fresh fruits and vegetables in season from grocery stores or farmers’ markets. What is typically in season this time of year (October-December)?
   - apples, Asian pears, beans, broccoli, cabbage, cantaloupes, cucumbers, greens, plums, potatoes, squashes, sweet corn, watermelons

Meats, Dry Beans & Peas

1. Cut up your own meat. Buy a boneless chuck roast to cut up for soup, stew and stir-fry. Whole chicken usually costs less than pieces, and it is easy to cut up yourself.
2. Watch for special prices on meat, fish and chicken. Plan meals around meat that you can buy at a good price.
3. Cut down on the amount of deli meat and sausages you buy. Pick store brands to save money.
How to Prepare Dried Beans

1. Place 1 pound of dried beans into a large bowl. Sort through the beans and get rid of any dirt and broken beans.
2. Fill the bean bowl with hot water, at least 2 inches. Remove any beans that float to the top.
3. Soak for at least 2 hours, but ideally they should soak overnight. After soaking, drain beans and rinse them with cool water.
4. Place in a large pot and cover with at least 2 inches of water. Place a lid on the pot with a slight crack, bringing water to a boil. Once boiling, reduce heat to medium and then cover completely. Let cook another 1-1.5 hours, or until beans are soft. Drain beans.
5. Use for the dish you are preparing or place into freezer bags for future meals. This will save a lot of time in the future!

COMPARE UNIT PRICES!

Have you ever looked at a unit price before to help you make the decision of which product (either size or brand is cheaper)? Check this out.

The total price for the 10-ounce box of Cheerios (left) is $2.85 while the 15-ounce box is $3.95. It might make sense to go for the smaller, less expensive box. However, when you compare unit prices, you see a different story. The smaller box on the left has a unit price of $0.285 per ounce while the larger box on the right has a unit price of $0.263 per ounce. Per ounce, the larger box on the right is actually less expensive. A difference of $0.022 might not seem like a huge difference, but overtime, this can add up to a lot of money!
On their own, eating one of these fun-size candy bars here and there seems harmless, but what happens when you eat several a day, because hey, they are small and harmless, right?

Let’s say you ate one of each of these candies every day for the whole month of October, because it is Halloween time and it is at your office or your kids have it or you pick it up from the store for Trick-or-Treaters. In one day, that is close to 450 calories. Across 31 days of October, that is almost 14,000 calories or 4 pounds!!!!!

WOW! Try healthier snacks throughout the month like apple slices with peanut butter. It is ok to have some chocolate here or there, but don’t make it an everyday habit!

It is that time of year where there is an abundance of Halloween candy readily available at our fingertips. Even the little mini versions are filled with extra calories, added fat and added sugar. Think twice before you reach for your second or third helping!

- One fun-size Snickers bar = 72 calories
- A single Twix fun size candy bar = 80 calories
- One single serving of 3 Musketeers fun-size candy is made up of 3 bars = 190 calories.
- One fun-size Butterfinger = 100 calories

What’s New at Food Gatherers?

Did you know Food Gatherers is expanding? There will be a 12,646-square foot addition to the warehouse. Food Gatherers is in need of additional to cold storage and freezer space. This expansion will also allow for more work room for our volunteers and staff. Finally and most importantly, Food Gatherers will be able to increase the amount of food, including produce and protein items, to those in the community that need it most.