**Eating Healthy with Rising Food Prices**

With grocery prices being high, it is important now than ever to use wise strategies before, during and after shopping in order to put healthy meals on the table, stay within budget and reduce food waste.

**Before You Shop**

Planning meals and snacks before you go to the grocery store can help you buy only the items you need and put leftovers to good use. The following are some tips:

* Write down recipes to try. MyPlate Kitchen: <https://www.myplate.gov/myplate-kitchen>
* See what you already have.
* Think about your time.
* Look at flyers, curriculars and online for sales, store specials and coupons.
* Plan to use leftovers.

Making a grocery list also helps you avoid buying items you do not really need. The less time you are in the store the less you are likely to spend. The following are some tips:

* Build your grocery list as you go.
* Use your plan of meals and snacks.
* Organize your grocery list.

**While You Shop**

The following are tips to help you make decisions about what to put in your cart.

* Seasonal Produce Guide: <https://snaped.fns.usda.gov/seasonal-produce-guide>
* Don’t go to the store hungry.
* Look up and down for savings.
* Try store brands.
* Compare similar products using unit prices for the best deal.
* **Check “sell by” or “use by” dates.** Grab from the back.
* **Use the Nutrition Facts label.**
* Remember you often pay for convenience.
* Buy a mix of fresh, frozen, and shelf-stable items.
* Be “Food Safe.”
* Ask for a rain check.
* Join store’s loyalty program.

**After You Shop**

The following are tips to help you save money after you shop.

* Keep food safe.
* Watch portion sizes.
* Reduce food waste.
* Storage reminders. Food Keeper app: <https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>
* Be Organized.
* Re-purpose.
* Understand food product dates.