

eating well on a budget

WITH NUTRITIOUS DAIRY AISLE FOODS

BUDGET SAVING TIPS

1 **Consider buying larger containers of dairy staples.**
Buying bulk sizes of milk, eggs, cheese, yogurt and other dairy staples often provides a savings. Check unit price tags to compare and find the best value.

2 **Shop the dairy aisle for foods with an extended shelf-life.**
Examples include pasteurized milk, juices, yogurt, cheeses, dips, eggs, buttermilk, sour cream, butter, kefir, skyr and more. You'll even find refrigerated English muffins, tortilla wraps, pizza crust, kimchi and horshradish stocked in the dairy aisle. Check the "Use By" or "Best By" date shown on the package.

3 **Make healthy meal-planning part of your weekly routine.**
A weekly menu helps to identify the foods you need. Check your refrigerator to determine what you already have on hand.

THE MOST EXPENSIVE FOODS ARE THE ONES THAT GET THROWN AWAY!

4 **Create a weekly shopping list.**
Scan your supermarket's print ad or shopping app for current sale items and electronic coupons. Use the savings to try something new from the dairy aisle.

DID YOU KNOW?
ROUTINE MEAL PLANNING IS ASSOCIATED WITH A HEALTHIER DIET.

