



American Heart Association®

Healthy for Good™

# Shop Smart & Save

Smart shopping on a budget means knowing what to buy and when.

## PLAN AHEAD



### Sign up for a reward card

Sign up for a reward card (loyalty program) with your grocery store(s). Scan the card as you check out to receive deals automatically.



### Use coupons and coupon apps

Collect coupons. With a reward card, you will get email coupons and can download online coupons. Use coupon apps.



### Know what you have

Inventory your pantry and refrigerator each week.



### Plan meals each week

Keep recipes, grocery lists, receipts and coupons in one place to make planning easier.



### Make a shopping list

Be specific with descriptions. Note the quantity needed and which coupons you have.



### Save receipts

For each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting if necessary.

## AT THE GROCERY STORE



### Compare prices

Store-brand products may be more affordable.



### Use coupons, but compare prices and nutrition facts.

A coupon may not always be the best deal or the healthiest option.



### Buy in bulk

You may save money. Just be sure you have room to store what you've bought in your pantry or freezer.



### Save with seasonal produce

Buying produce that's in season can save you money. Can or freeze it for year-round use.



### Don't check out at the checkout

Pay attention at the register to make sure you get all your discounts and savings.



For more smart shopping tips, visit  
[heart.org/healthyforgood](https://heart.org/healthyforgood).