Here are some tips to help you stretch your dollar in healthy ways. Healthful eating doesn’t cost more. It might even cost less!

**Deciding What to Buy**

- Grains, cereals, breads, pasta, and rice tend to cost less than other foods. Buy whole grains to get the nutrients (like fiber) you and your toddler need each day.
- Choose smaller amounts of more costly protein foods, such as meat. Beans cost less than other sources of protein.
- Go easy on foods that are high in sweets, fats, and oils, as these foods tend to be less nutritious and more expensive.

**Figuring Out Food Costs**

Check unit prices on store shelves – usually below the food. They show the price per ounce, pound, quart, or some other amount. Unit prices let you compare brands and sizes to get the best buy.

**Smart Shopping Tips**

- Make a shopping list for the week. Stick to it!
- Group similar foods on your list. You’ll shop faster and it’s easier to remember everything, too!
- Some foods may seem like they cost more (such as fresh fruits and vegetables) but remember that healthy foods have fiber, which keeps you feeling full longer, so you won’t eat as much. While a bag of potato chips may be cheaper than a bag of apples, you’ll need to eat many more potato chips to get the same feeling of fullness you would get from one apple!