



**Sunflower Farmers Markets' Stretching Tips –
and We Don't Mean Exercise!
How to Stretch Your Dollar at the Grocery Store While Staying Healthy**

Sunflower Health & Wellness Educator

1. Shop bulk. Bulk sections are typically inexpensive and versatile. Buy bulk grains such as rice, couscous, quinoa, noodles, and oatmeal. They are not only healthy but will keep you feeling fuller, longer.
2. Shop sales. Check out the weekly ads. Cutting coupons isn't just for grandma anymore! (Double Ad Day is Wednesday at Sunflower! Double the savings with overlapping ads!)
3. Shop for fresh fruits and vegetables. They are portable snacks, quick meals, inexpensive, and obviously, very good for you.
4. Menu Plan. Make a list before you shop and stick to it! This will decrease impulsivity and increase the money in your pocket. Not sure what's for dinner? Pick up a Newflower Supper Solutions recipe, fully intact with a grocery list! Better for your health, better for your wealth!
5. Shop the house brands! They are usually cheaper and can save you big bucks on the same great product.
6. Cost Compare. It might sound tedious, but the extra effort can save you a bundle. Gather the grocery fliers and compare the costs of your basics, bread, milk, pasta, eggs, etc.
7. Keep a tally. Do the quick math. Keep track of how much the bill will be when items are in your cart. This separates the "wants from needs."
8. Don't shop hungry. You'll spend more than you initially planned. It's happened to the best of us!
9. Stock up on dippers. Peanut butter and hummus paired with fruits and veggies can create a quick and healthy meal on the go but won't run up a big bill.
10. Skip the prepackaged "100-calorie packs." These can contribute to a larger bill. Instead, buy a large bag of cookies or crackers and divide 100 calories worth into sandwich baggies. You'll get more and save big!