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NEWS RELEASE

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Save More Money at the Market!

As grocery prices are expected to increase this summer, surviving these price increases doesn't mean that you have to sacrifice your or your family's health and nutrition. By making just a few simple changes to your grocery list, you can make a huge difference in your budget.

Follow these tips to help cut food costs and still eat healthy:

- First look over previous grocery receipts and decide in what areas the most money is usually spent. Then decide where you could make some changes.
- Meat and poultry can often be very pricey. Save money by substituting a couple of bean-based meatless meals each week. This creates variety with meals and still provides protein.
- Soft drinks can also be very costly, and offer almost no nutritional value. Choose water and 100% juice options instead. Use filtered tap water versus bottled water and make 100% frozen juice from concentrate instead of purchasing bottles of juice.
- Watch out for convenience foods and individually packaged items. Although they may be easier to prepare, they can be very costly. For example, some seasoned rice and pasta items can cost up to four times more per serving than preparing plain rice or pasta and adding your own seasonings. To save time, purchase quick-cooking brown rice or whole-grain pastas.
- Buy fruits and vegetables in season. Summer is a perfect time to buy a wide variety of fresh fruits and vegetables at lower cost. Shopping at Farmer's Markets can help you save on local fruits and vegetables too!
- Lastly, always make a list before going to the grocery store and stick to it. Avoid going on an empty stomach so you are not tempted to purchase items just because they look good.

Parents and childcare providers can learn more about saving money when grocery shopping and eating healthy through the UCCE's Nutrition BEST program at (530)889-7350 or visit us at <http://ceplacer.ucdavis.edu>.

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