

# GROCERY STORE 101

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## Grocery Savings



### Grocery Store Facts

In 1928 grocery stores stocked an average of 867 items. In 1998 that number was up to about 24,000 items and in 2009 large supermarkets stocked up to 50,000 items! Each year up to 20,000 new items compete for space in stores.

The average supermarket carries well over 200 fruits and vegetables in its fresh produce department.

<http://www.foodreference.com/html/supermarkets.html>

Do you ever feel like there is no end in sight? Tired of riding on this roller coaster of an economy? You are definitely not alone. Money saving ideas are unquestionably necessary just like GROCERIES!

Here are a few tips for those of you who feel you spend your whole paycheck at the grocery store.

***\*Don't shop on an empty stomach.*** When you're hungry, you tend to want everything in sight. If you go without a meal, buy some nuts or an apple to munch on. Snack healthy.

***\*Plan!*** Make a list. Or even plan a menu for the week. Not only will you save money, but time and gas.

***\*Buy generic.*** Name-brands can get expensive, and the generic kind held to the same standard. This saves money!

***\*Shop alone.*** Not only will you not have arms grabbing everything that they want, you will have more time to find the best deals.

***\*Bring your calculator.*** Unless you are a whiz in math, a calculator helps you figure out the cost per pound, ounce, etc. This will help you get the better deal.

***\*Make smart substitutions.*** It may be hard, but more ideal. For breakfast, switch cereal to oatmeal; soda to sparkling water; and chips to popcorn

***\*Buy whole foods.*** This may be cheaper by the serving than the processed foods. For example, a full block of cheese instead of shredded or apples instead of applesauce. In other words, don't pay the manufacturers to do the job you can do.

***\*Buy in bulk.*** The more you buy, the less it could be. Watch for deals!

***\*Don't get stuck in the middle (of the grocery store).*** Stay on the outside perimeter of the store; that's where all the healthier foods can be found. The middle of the store is where all the processed foods can be found, and higher priced items are usually at eye level.

***\*Eat your protein without the meat.*** Try a vegetarian meal one night instead a meal with meat. This can benefit your health and your wallet.

***\*Read ads and clip coupons.*** Watch for ads for the grocery and take them up on their deals if it's something you usually buy.

Don't buy something just because it's on sale. Watch for the healthier choices.

***\*DIY.*** If you want to treat yourself, make it from scratch. This way you know what goes into the special treat. Substitute ingredients to make it healthier.

***\*Eat seasonally.*** Buy fruits and vegetables when they are in season. This make them cheaper then when they are out of season. You could even make a trip to your local farmers market.

***\*Carry out—from your kitchen.*** This saves time and money. Pack snacks, drinks, and lunches from home. And make an investment in a nice lunch bag or container instead of the disposable bags; this will save more money.

***\*Grow your own food.*** Talk about cheap; buy your own seeds and plants. Become a green thumb and have your own garden. This will save you money and they will taste better.

This may become a nuisance at first, but will soon become much easier to you. Just think of all the time, money, and gas you will be saving!

[http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=524](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=524)

Iowa Chiropractic Clinic

[www.iowachiroclinic.com](http://www.iowachiroclinic.com)

### 10 Things Your Grocery Store Doesn't Want You To Know

1. The shopping carts have cooties.



2. Dates are open to interpretation.
3. Kid-friendly food is purposely placed within their reach.
4. They cut up food so they can charge more.
5. Good-for-you foods require bending and reaching.
6. End-of-aisle displays are there to distract you from your mission.



7. Bargains aren't always a bargain.
8. You'll walk the store the way they want you to.
9. The salad bar can make you sick.
10. They don't always clean as often as they should.

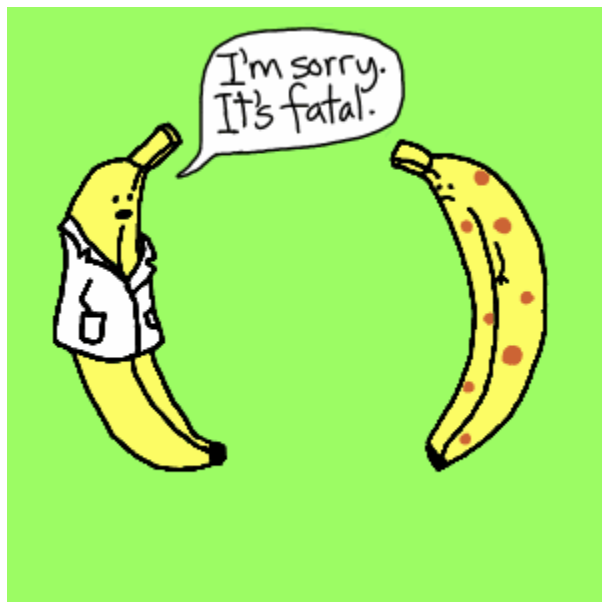
<http://health.msn.com/fitness/articlepage.aspx?cp-documentid=100165289&page=2>



### Top Ten Best Foods

1. Sweet Potatoes
2. Grape Tomatoes
3. Fat-Free or 1% Low Fat Milk
4. Broccoli
5. Wild Salmon
6. Crispbreads
7. Microwaveable Quick-Cooking Brown Rice
8. Citrus Fruits
9. Diced Butternut Squash
10. Spinach & Kale

<http://www.cspinet.org/>



*It's bizarre that the produce manager is more important to my children's health than the pediatrician. ~Meryl Streep*

### List Organization



shopping. Here are a few things to consider while doing so:

- Your schedule
- Company
- Coupons, sales, & deals
- The season

**Step 3: Gather your recipes.** After planning the meal, organize your recipes so they are handy for the week. Keep your recipes in some type of organizer, such as a recipe box or binder.

**Step 4: Create your master grocery list.** List items based on where they can be found in the grocery store. This will save you time when you are in there instead of running back and forth between aisles. You can also make a template with headings to use each time. Then you can

just add the items from your previous list in the columns where needed.

For more tips, visit Spark People's website. Make your trip to the grocery store more effective and efficient which will only make it more enjoyable.

**Remember your reusable grocery bags!**

[http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=1485](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=1485)

