



Shopping For Food

Use Grocery Ads to Save Money

1. Look for grocery ads in the free paper.
2. Plan weekly meals around foods on sale.
3. Make sure sales are really the best buy.
4. If you buy one and get one free, can you use
or store both?
5. Get your whole family to learn to read grocery ads.



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The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-SAFENET (723-3638) or (503) 988-5858 in the Portland metro area. This material was funded in part by USDA's Food Stamp Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. © 2007 Oregon State University. Oregon State University Extension Service cooperating. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.