



# Shopping For Food

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## Choose Food with Less Packaging to Save Money

1. Packaging protects food and adds to the cost.
2. Some foods come in their own packaging, like fruit.
3. Some packaging is to keep food clean and safe.
4. Do not buy food in packages that have been opened or damaged.
5. Try to choose food with less packaging.
6. Bulk foods are sold in bins and may cost less than packaged food.
7. Bulk foods need to be put into storage containers at home.



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Developed by: A team of University of Illinois Extension Consumer & Family Economics and Nutrition & Wellness Educators



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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.