



# Monday Morsels

## Nutrition for the Noggin'

**11/4/13**

### Save Time and Money at the Grocery Store

There is more variety on today's grocery store shelves than ever before. With so many choices, it is easy to get overwhelmed. Make shopping easier by following these guidelines:

- **Don't shop when you're hungry.**  
You're more likely to make impulse purchases on less nutritious items that cost more.
- **Make and stick to a shopping list.**  
If you keep a running list at home of items that need to be replaced, you won't have to worry about forgetting anything.
- **Organize your list into sections according to the layout of the supermarket.**  
This cuts down on time and the number of passes you need to make through the aisles.
- **Check for supermarket specials.**  
These are printed in the newspaper or online. Plan your shopping trip around what is on sale.

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