



# Nutrition for Older Adults: Shopping Tips

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## Reduced Income

Many older adults have reduced income which can lower diet quality. Reduced income may result in:

- Less money for food.
- Less money for transportation to shop.
- Moving into housing with poorer facilities for storing and preparing foods.

## Grocery Shopping Tips:

### Plan

- Plan meals in advance.
- Plan meals to use foods before they spoil.
- Check food ads for weekly specials when you plan meals.

### Check

- Keep a list in the kitchen to write down food items as supplies run low.
- Check food supplies for what you need and don't need before you shop.
- Check coupons for items you normally use.

### Write

- Write a grocery list.
- Organize your grocery list with the store layout.

### Get Ready

- Pick grocery stores with the best prices and services.
- Avoid shopping when tired, hungry or rushed.
- Avoid crowds by going shopping early in the day and early in the week.

### At the store

- Stick to your grocery list.
- Compare prices - unit pricing can help you know which brand or package size costs less. However, only buy the amount you can use and store safely.
- Generic or store brands are usually less expensive.
- Sale items may not be less expensive than generic or store brands.
- Purchase only the amount of fresh

fruits and vegetables you will use before they go bad.

- Try buying larger amounts of produce with family or friends and splitting the cost and produce.
- Buy fresh fruits and vegetables in season.
- Buying frozen vegetables in bags allows you to use small amounts at a time.
- If meat or produce are too large, ask to have them repacked.
- Check “sell by” and “use by” dates.
- Resist impulse purchases.

## At home

- Handle and store food properly to reduce waste.

- Larger packages of meat can be divided into smaller portions and frozen.

## Community Resources

- The Supplemental Nutrition Assistance Program (SNAP) can help income eligible people buy groceries.
- Senior meal sites provide meals with no income eligibility. Many programs provide transportation and other services.
- Many community centers and churches also provide meals or food banks.

## Sources

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