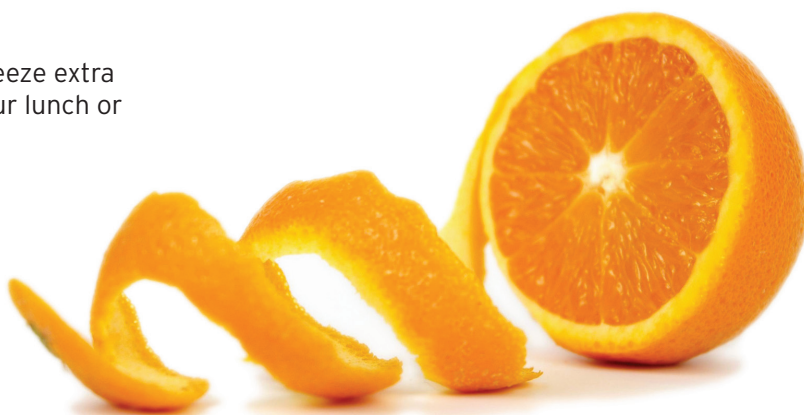




Healthy Living at Hannaford

21 Ways to Save Food Dollars

1. Plan your meals for the week by making a list before shopping.
2. Try planning several meals that use dried beans instead of meat.
3. Use the Hannaford weekly flyer to identify specials on fresh produce, grocery items, meat, poultry and seafood.
4. Use coupons for items you need each week.
5. Buy larger items when they are less expensive per unit.
6. Buy slow-cooking cereal, rice and beans. (Instant versions can cost twice as much.)
7. To save money buy whole chicken, remove skin, cook and debone yourself.
8. Purchase lettuce by the head instead of ready-to-use bags.
9. Select the largest container of milk you will use.
10. Put off grocery shopping for a day and use what you already have on hand.
11. Try making your own salad dressings, using or olive oil and vinegar.
12. Make your own soups and entrees then freeze extra leftovers in single-serving portions for your lunch or your own version of a frozen meal.
13. Cut down on refined foods. Bagels, crackers, candy, soda and chips . . . all increase the amount of money you spend. Replace them with fresh produce and homemade items.
14. Buy plain vegetables and pasta and add your own sauces and seasonings.
15. Clean and organize pantry and freezer, then try to use the items you have on hand before going shopping.
16. Keep your refrigerator clean and at the proper temperature to avoid spoilage as well as save on your electric bill.
17. Making eating out a special treat that you only do once or twice a month.
18. Take water and snacks with you so you will not be tempted to buy convenience items.
19. Bring your own lunch to work each day.
20. Visit hannaford.com/healthy for budget-friendly recipes and money-saving coupons.
21. Buy Hannaford brand products when available.



Interested in developing an eating plan that's just right for you?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.