



Savvy Shopper



Savvy shoppers save time & money, and make the most of WIC checks.



WEBSITES and APPS

- Visit *manufacturer websites* to get free samples or coupons
- Use *free phone apps* like:
 - Coupon apps for your store
 - Shopping list apps
 - Meal planning apps
 - Healthy cooking apps
 - Barcode scanners with nutrition and price information
- Visit *other websites* like choosemyplate.gov or other smart shopping websites and blogs



Before you **SHOP**

- Check store ads, websites, and coupons for sales.
- Create a weekly meal plan based on food prices.
- Make a shopping list.

At the **STORE**

- Use your shopping list.
- Use special offers. You can use your WIC checks for "Buy One, Get One Free" offers.
- Avoid highly processed foods which are often more expensive and less nutritious. Instead choose fruits, vegetables, low-fat milk, whole grains, and lean protein like eggs or beans.
- Learn typical prices for foods you normally buy.
- Pay attention as foods are scanned to make sure you are charged the correct shelf price.