

## Buying Healthful Food

(NAPSA)—Families across America say that the cost of healthy groceries makes it hard for them to cook healthy meals, according to the national survey *It's Dinnertime*.

You don't have to spend a lot of dough to get good food. The next time you're at the grocery store, try these tips:

- Buy fresh produce when it's in season—it's less expensive and tastes better that way. Also look at frozen and canned fruits and vegetables. They often cost less than fresh and may be more nutritious.



**Eat healthy on a tight budget with smart shopping.**

- Compare unit prices, most often found on a small tag on the shelf under the item. Compare the cost of different-sized containers and different brands.

- Read food labels. Consult the “% Daily Value” to find out if a serving of food is high (20 percent or more) or low (5 percent or less) in a nutrient. Choose foods with lower percentages of saturated fat and sodium.

- Choose whole grains. They keep you full longer. Look for the word “whole” (such as “whole wheat” or “whole grain flour”) in the first ingredient. Other common whole grains include brown rice and oatmeal.

This advice and the *It's Dinnertime* survey come from the experts at Share Our Strength's *Cooking Matters*<sup>®</sup>, sponsored by the ConAgra Foods<sup>®</sup> Foundation and Walmart. *Cooking Matters* is part of the No Kid Hungry campaign, a national movement to end child hunger in America by connecting kids with healthy food every day. Learn more at [www.CookingMatters.org](http://www.CookingMatters.org).