



nh healthy families™

Shop Smart. Eat Well. Save More.

**Stretch
Your Food
Dollars: Smart
Tips for EBT
Shoppers**



Planning and smart shopping strategies can help you and your family enjoy nutritious meals without overspending. Whether you're using EBT benefits or simply looking to save, these practical tips will help you shop smarter, reduce waste, and get the best value for every dollar.

1. Plan Before You Shop

- Make a weekly meal plan using ingredients you already have.
- Create a shopping list and stick to it to avoid impulse buys.

2. Shop Smart

- Buy store-brand or generic items — they're often just as good and cost less.
- Compare unit prices to get the best deal per ounce or pound.
- Shop sales and use coupons when possible (many stores accept them with EBT).

3. Buy in Bulk (When It Makes Sense)

- Stock up on staples like rice, beans, pasta, and frozen vegetables.
- Avoid bulk purchases of perishables unless you can freeze or use them quickly.

4. Cook at Home

- Preparing meals from scratch is usually cheaper and healthier than buying pre-made foods.
- Batch cook and freeze meals for busy days.

5. Choose Nutrient-Dense Foods

- Focus on foods that give you more nutrition for your dollar: whole grains, eggs, canned tuna, peanut butter, and fresh or frozen produce.
- Use EBT at participating farmers markets for fresh fruits and vegetables — some offer "Double Up Food Bucks" programs.

6. Reduce Food Waste

- Store food properly to make it last longer.
- Use leftovers creatively — soups, stir-fries, and casseroles are great options.

7. Use Community Resources

- Check local food pantries, community meals, and nutrition education programs.
- Look for cooking classes or budgeting workshops offered by local organizations.

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