



Shopping For Food

Choose Food with Less Packaging to Save Money

1. Packaging protects food and adds to the cost.
2. Some foods come in their own packaging, like fruit.
3. Some packaging is to keep food clean and safe.
4. Do not buy food in packages that have been opened or damaged.
5. Try to choose food with less packaging.
6. Bulk foods are sold in bins and may cost less than packaged food.
7. Bulk foods need to be put into storage containers at home.



Number 7, 2005

Developed by: A team of University of Illinois Extension Consumer & Family Economics and Nutrition & Wellness Educators