Reduced Income

Many older adults have reduced income which can lower diet quality. Reduced income may result in:
- Less money for food.
- Less money for transportation to shop.
- Moving into housing with poorer facilities for storing and preparing foods.

Grocery Shopping Tips:

Plan
- Plan meals in advance.
- Plan meals to use foods before they spoil.
- Check food ads for weekly specials when you plan meals.

Check
- Keep a list in the kitchen to write down food items as supplies run low.
- Check food supplies for what you need and don’t need before you shop.
- Check coupons for items you normally use.

Write
- Write a grocery list.
- Organize your grocery list with the store layout.

Get Ready
- Pick grocery stores with the best prices and services.
- Avoid shopping when tired, hungry or rushed.
- Avoid crowds by going shopping early in the day and early in the week.

At the store
- Stick to your grocery list.
- Compare prices - unit pricing can help you know which brand or package size costs less. However, only buy the amount you can use and store safely.
- Generic or store brands are usually less expensive.
- Sale items may not be less expensive than generic or store brands.
- Purchase only the amount of fresh
fruits and vegetables you will use before they go bad.
• Try buying larger amounts of produce with family or friends and splitting the cost and produce.
• Buy fresh fruits and vegetables in season.
• Buying frozen vegetables in bags allows you to use small amounts at a time.
• If meat or produce are too large, ask to have them repacked.
• Check “sell by” and “use by” dates.
• Resist impulse purchases.

Community Resources
• The Supplemental Nutrition Assistance Program (SNAP) can help income eligible people buy groceries.
• Senior meal sites provide meals with no income eligibility. Many programs provide transportation and other services.
• Many community centers and churches also provide meals or food banks.

At home
• Handle and store food properly to reduce waste.

Sources