# My Food Shopping List

MyPyramid.gov
STEPS TO A HEALTHIER YOU

## Grain Group

Make half your grains whole

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## Vegetable Group

Vary your veggies

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## Fruit Group

Focus on fruits

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## Milk Group

Get your calcium-rich foods

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## Meat & Bean Group

Go lean with protein

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## Food Shopping Tips

- Check grocery ads in newspapers to see what's on sale.
- Shop with a grocery list every time—and stick to it!
- Use coupons for items you usually buy.
- Don't shop when you're hungry and, if possible, shop by yourself.
- If a store is out of a sale item, ask for a rain check* at the checkout counter.

**This is the store's promise to sell you the item at the sale price when they get more.*

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The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689."This material was funded by USDA's Food Stamp Program through a contract with Kansas Department of Social and Rehabilitation Services." This program provides food assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.