

Smart Shopping

— for a Healthier You —

Eating better starts with shopping better. Check out these mindful tips to help you stay healthy and save time, money, and stress on your next shopping trip.

The Plan

Before your next shopping trip, consider the following:

Decide what you want to eat and ensure a balanced food plan. Color and variety are the name of the game when it comes to nutritious choices.

Make a list of what ingredients you'll need for all meals. Try to plan meals with similar ingredients to maximize savings.

Keep an ongoing list of foods you need. Some cellphone mobile apps even allow you to sync grocery lists with others in your household.

Think of healthier alternatives to traditional recipes—chicken instead of beef, brown rice instead of white, green vegetables instead of starches.

Consider non-perishable pantry staples that keep. You can use them for weeks and months to come.

Have a plan of attack. Sort items on your shopping list in order of the aisles in your store to make for a quick and easy trip.



The Trip

Keep these tips in mind while you're shopping:

Bring reusable bags. They are sturdier and environmentally friendly.

Take a friend or family member to make the trip more fun. Maybe even split the list in half and see who finishes first.

Get a store savings card to get additional deals that may save you money.

Track your steps. See how many steps you can get in during your trip. Every step makes a difference in your health.

Buy in bulk to save. Membership grocers often give you the most bang for your buck, if you've got the room in your pantry.

Make the most of your time by choosing a slow time to go shopping. According to **Real Simple** 2022*, Monday at 8 AM is the least busy time for grocery stores.



Need a Lift?

Some Medicare Advantage plans offer some supplemental health-related transportation benefits.

Give the Medicare Support Center at CVS a call to see if your plan includes these benefits (1-844-672-0317; TTY: 711).

The Prep

You're well on your way to having everything you need for a week's worth of good eats. The following time-saving tips can make the last part of your trip a breeze:

Have potential helpers to assist with hauling in groceries? Put them to work!

Don't carry too many bags at once and pull a muscle. Making more trips to the car means more steps.

Keep an organized fridge, freezer, and pantry. To save time and stress, try labeling containers for rice, flour, sugar, cereal, and other non-perishable items.

Know your food storage no-nos to avoid spoiling and cross-contamination. The **U.S. Food & Drug Administration** has helpful guidance on food storage.

Forget something? Chances are, you have a replacement on hand. Or you can simply nix it from your recipe if it's not essential.

Take a few minutes to relax after groceries are put away. Diving right into cooking can add stress to an already busy day. You deserve a little break!

*realsimple.com/food-recipes/shopping-storing/food/best-time-to-grocery-shop

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More Than a Mindful Menu

Because caring for your health means more than mindful shopping and healthy eating, we're here for you. Our licensed insurance agents can help you make smart health care choices—beyond the produce section.

Medicare Support Center

at  **CVS**
a non-governmental program

1-844-672-0317 (TTY: 711)
Monday–Friday | 9 AM–6 PM ET

www.MedicareSupportCenter.com

Need Some Help Relaxing?

Watch our latest video for easy ways to reduce stress and get a bit of exercise at the same time!

