

Rate Your Shopping

Answer **yes** or **no** to the following questions.

- _____ 1. Do you buy store brands when available?
- _____ 2. Do you set a limit on the amount of money you will spend on groceries?
- _____ 3. Do you know what foods *Canada's Food Guide* recommends for good health?
- _____ 4. Do you plan your meals before you shop?
- _____ 5. Do you shop with a list?
- _____ 6. Do you try to avoid impulse buying?
- _____ 7. Do you use unit pricing to compare prices?
- _____ 8. Do you sometimes buy foods in different forms such as fresh, frozen, dried or canned?
- _____ 9. Do you look at the food flyers and newspaper ads before you shop?
- _____ 10. Do you buy vegetables and fruits that are in season?
- _____ 11. Do you choose cereals for good nutrition rather than sweet taste or fancy packaging?
- _____ 12. Do you read food labels to compare nutritional value between products?

