



South Dakota  
Department of  
**Social Services**

## For more information

Please contact your local  
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[dss.sd.gov/economicassistance/snap](https://dss.sd.gov/economicassistance/snap)



**SNAP**  
Smart Shopper's Guide

Grocery shopping  
and preparing meals  
on a budget



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The Supplemental Nutrition Assistance Program (SNAP) helps low-income South Dakotans buy the food they need to stay healthy while they work to regain financial independence.

The following list is designed to help SNAP households plan and prepare for healthy meals, and to stretch their food dollars to last longer throughout the month.

## Plan

- See what you have on hand and plan meals around these items
- Plan meals and snacks that fit in your food budget
- Choose protein foods that are on sale as these are often the most expensive items.
- Find quick, easy, and healthy recipes at [myplate.gov/MyPlate-kitchen](https://myplate.gov/MyPlate-kitchen)
- Make a grocery list of items you need
- Organize your grocery list by grocery sections or food groups

## Shop

- Stick to your grocery list.
- Store or generic brands are often cheaper with little or no difference in quality.
- Buy in bulk when it makes sense.
- To determine the best value, use “unit pricing” to compare the cost of different brands and sizes. When choosing fruits and vegetables, fresh, canned, frozen, and dried are all great choices.
  - Choose fresh fruit that is in season, look for fruit canned in 100% juice or water, and look for no sugar added options when purchasing frozen.
  - Choose fresh vegetables that are in season, look for low-sodium or no sodium added options when purchasing canned or frozen.

## Prep & Cook

Some meal items can be prepared in advance. Try to pre-cook meals when you have time.

- Prepare food in advance for meals and snacks to help you save time
- Double or triple recipes and freeze for quick and easy meals
- If there are extras, use these items in other meals
- When you have extra time, wash, slice, and prepare fruits and vegetables for quick use in meals and snacks

## Other Cost Saving Tips

- Pack your lunch, drinks, and snacks to save money and eat healthy.
- Remember there are many protein sources to choose from such as fish, poultry, beef, peanut butter, eggs, cheese, dried peas, and beans.
- Grow a garden! Grow a garden of fresh fruits and vegetables.
- Preserve food if possible. Canning, freezing, and dehydrating are all options for preserving fruits, vegetables, and meats. Visit SDSU Extension [extension.sdstate.edu/food/preservation](https://extension.sdstate.edu/food/preservation) for preservation resources.
- Simple meals are often easier to make and cost less.

