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**Supplemental Nutrition  
Assistance Program**  
Nutrition Education Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more about the Food Stamp Program, contact your local department of Human Services office, call toll-free at 1-866-411-1877, or visit the web site at [www.okdhs.org](http://www.okdhs.org).

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**MyPyramid is designed to help you to make healthy food choices and to be active every day.**

**Activity** is shown by the person climbing steps, reminding you of the importance of daily physical activity.

**Moderation** is shown in the triangle. Foods you should select more often are in the wider base and foods you should select less are in the narrower top.

**Proportion** is shown by the different widths of the food group bands, showing how much food to eat from each group.

**Variety** is shown by 6 color bands, standing for the 5 food groups in the Pyramid and oils. Foods from all groups are needed each day for good health.

**Gradual Improvement** is encouraged in the words "steps to a healthier you." You can benefit from taking small steps to improve your diet and lifestyle each day.

**Personalize it for you!** Find out what foods you should eat each day at [MyPyramid.gov](http://MyPyramid.gov).



**Get the most out  
of your food  
dollars!**



**These things will help:**

**Plan Ahead!**

**Shop wisely at the  
store.**

**Watch unplanned  
spending.**

**Cook at home.**

**Make healthy food  
choices and be active!**

## Plan Ahead!

- Make a weekly meal plan.
- Use foods that you already have.
- Keep basic foods on hand to make quick and easy meals that are healthy and cost less.
- Write a shopping list.
- Put sale prices next to items on your shopping list.
- Check newspaper ads and coupons.
- Eat before you shop—hungry shoppers buy more.

## Shop wisely at the store.

- Stick to your grocery list.
- Shop without your children if you can.
- Look at the price per unit displayed on the shelf to get the best buy. You can see the price per ounce, quart, pound, etc.
- Look for foods in different forms to see if one is less. Chunk cheese may be less than grated cheese.

## See if you can get the best deal!

- Look for in-store specials and sales.
- Compare store or generic brands—they usually cost less than name brands but are the same quality.
- Coupons can help save. Be sure to compare to store brands and generics—they may be better deals.
- Shop at farmers' markets and discount stores. Compare costs with other stores.

## Buy Large Amounts to Save \$\$\$.

- Stock up and freeze—split whole chickens & value packs.
- Buy large sized items you can cut-up or divide.

## Keep a handle on food costs.

- Eat fewer meals away from home.
- Avoid vending machines.

## Cook at home. Save leftovers to make food go further.

- Make foods from scratch. Convenience foods cost more.
- Help your meat, poultry and fish go further by mixing in bread, crackers, cereal, rice, pasta or potatoes.
- Try stir-fry dishes and casseroles with just a little meat.
- Cook dried beans, peas, and lentils to make low cost meals.
- Peanut butter is good for both meals and snacks.
- Avoid wasting your leftovers. Mix leftover vegetables together and use them in stews, soups or casseroles.
- Freeze leftovers. Try to use them in 1 or 2 months for best quality and flavor.
- Buy corn meal and flour to make cornbreads and muffins instead of using expensive mixes.
- Salty and sugary snack foods cost more and aren't as good for you.