

Tips to shop healthily and affordably

- Make a shopping list.
- Only buy what you really need.
- Use leftovers to complete your meals.
- Don't go shopping hungry!
- Careful: Big trolleys lead you to buy more than you need.
- Buy non-perishables in bulk.
- Buy fresh and unprocessed food.
- Unprocessed or partially processed foods from budget brands can be good alternatives.
- Avoid expensive food especially targeted at children.
- Store food in a specially designated area.
- Food that is value-for-money is often found on the higher shelves. More expensive products are usually kept at eye-level.
- Look at the packaging: this gives the price per kilo, per 100g or per litre.
- Seal open packets or store the contents in a container (not aluminium).

More Information:

Shopping and Food www.sge-ssn.ch

Consumer related questions www.konsumentenschutz.ch

Budget www.budgetberatung.ch www.caritas-schuldenberatung.ch www.skos.ch

Price comparisons www.comparis.ch www.preisvergleich.ch www.toppreise.ch www.heschnocash.ch

Health promotion www.gesundheitsfoerderung.ch

Health information in a number of languages www.migesplus.ch

Schweizerisches Rotes Kreuz
migesplus.ch



This page was put together with the technical and financial support of Gesundheitsförderung Schweiz, Stiftung für Konsumentenschutz, Femmes-Tische Schweiz and www.migesplus.ch – health information
Bern/Zürich 2026