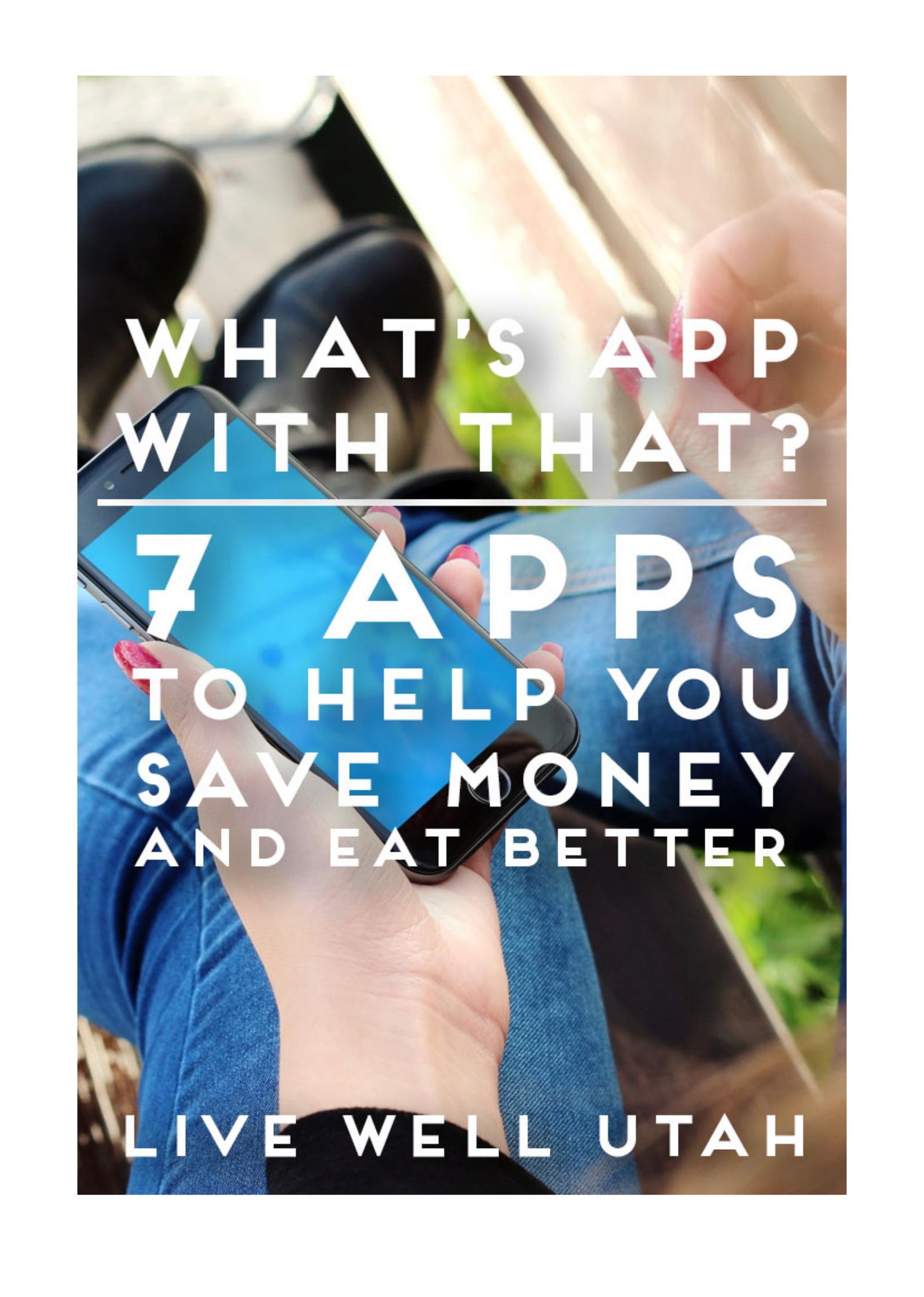


What's App with That? 7 Apps to Help You Save Money and Eat Better

A close-up photograph of a person's hands. The left hand holds a black smartphone, and the right hand holds a clear plastic cup with a straw. The person is wearing blue denim jeans. The background is blurred, showing what appears to be a car seat. Overlaid on the image is white text in a bold, sans-serif font. The text is arranged in three main sections: a top section, a middle section, and a bottom section. A thin white horizontal line separates the top section from the middle section.

WHAT'S APP
WITH THAT?

7 APPS
TO HELP YOU
SAVE MONEY
AND EAT BETTER

LIVE WELL UTAH

Have you used a food, grocery or coupon app? We've got the lowdown on some of the top apps in these categories to help you decide whether or not they are worth a download.

Grocery and Coupons

Favado – This app is pretty awesome. You start off by entering your zip code or allowing location access so that the app can search for stores near you. From there, you pick stores of your choice. You can either view the ads for those stores, or better yet, *compare* the prices for the stores you picked. For instance: I chose Smith's, Winco, and Costco. I could compare their ads in their entirety, or search for a specific item like broccoli. Smith's broccoli was \$0.79 per pound, while WinCo broccoli was \$0.98. By doing this with all my grocery list items I could see where to get the most bang for my buck. You can also add the items you searched for or saw in coupons to a list by store.

Walmart– This app has a great feature: Savings Catcher. You can scan your Walmart receipt and the app will search prices of competitors in the area for advertised deals on the items you purchased. If a lower advertised price is found, Walmart give you the difference on an eGift card. This app also lists the weekly ad and current prices in store. You can order non-grocery items from this app and pick them up at the store, and refill prescriptions from this app. To order groceries, use the [Walmart Grocery](#) app, where you are able to select non-perishable foods to be delivered to your front door or complete all of your shopping and have it hand delivered to your car in the parking lot.

*Note: other stores also have their own apps to help with grocery shopping lists, couponing, etc. [Smith's grocery store app](#) allows you to add coupons directly to your Fresh Values

card, which eliminates the hassle of cutting and turning in paper coupons. [Target's Cartwheel app](#) allows you to scan items in the store to see if there is a coupon or sale in addition to weekly ad prices. Check to see if the stores at which you typically shop have apps, and then see what they have to offer.

[Grocery IQ](#) or [Grocery Pal](#) – The best feature on these apps is that you can scan a barcode or use a voice search to find coupons. When you scan a barcode or search for an item, coupons from stores around you will pop up, then you can add the coupons and items you want to your list. This could be handy if you are in a store and want to quickly check prices elsewhere. You can also view the weekly ads for stores in your area.

Nutrition Tracking

[MyNetDiary](#) – This easy-to-use app is a classic nutrition tracker. You enter your personal information and select if you want to gain, lose or maintain weight. The app then tells you how many calories you should eat each day to achieve your goal. It tracks the amount of the fat, carbs and protein in the foods you enter, and calculates your allowed amount remaining in each category for the day. Perhaps the best part is that you can enter in your own recipes. With many other nutrition trackers, there are preset meals to choose from. With this app, you can select the ingredients that actually made up your lunch for the day, and it will calculate the nutritional information. You can also log exercise, water intake and add personal notes in the app. Using an activity monitor like a Fitbit, you can also track your steps and how many calories burned in the app.

Nutrition Education

Eat and Move -0- Matic – This is a great nutrition education app for families and children, produced by the National 4-H Council. Its designed to be like a game and is geared toward children. Your children may not find it the most exciting game to play on their own, but it is a good educational app for you to go through with your children. The app teaches how food and exercise work together. For example, it would take 27 minutes of jumping rope to burn the calories contained in an 8 ounce glass of chocolate milk. It has dozens of food and exercise selections to choose from and lists the calories for each food. This is great for helping parents understand how much physical activity their children should be doing for the food they are eating, and it can teach children that they need to exercise to stay healthy and balance what they eat with physical activity.

Recipes and Cooking

Cooking Matters – This app's focus is healthy, affordable and delicious meals. While it doesn't have as many recipes as Pinterest, the recipes this app does have are healthy, simple and look very appealing. Many of the recipes use few ingredients. It also lists the serving size of each recipe and has a nice conversion feature to tell you how many ounces are in a pound or how many teaspoons are in a tablespoon, etc.

Do you use any of these apps? Are there any you love that we've missed? Let us know in the comments!

This article was written by Sarah Hepworth Warner, Food Sense nutrition program intern, Utah County, and Melanie Jewkes, Utah State University Extension associate professor, Salt Lake County

4 Quick Tips for Safe Online Shopping



Have peace of mind while shopping online!

Check Before You Spend

As tax return season is fast approaching, you may have money coming your way. If you choose to spend it online, consider these tips to keep your personal information safe.

Choose online businesses wisely. If you're not sure a company looks legitimate or that it is a safe online retailer, check it out on the Better Business Bureau's website at www.bbb.org. Here you can find information about a company, both good and bad, that can help you make an informed decision.

Use a safe payment method. Do not shop online with a debit

card. Credit cards are a safer choice since they have added security measures, and credit card companies hold you liable for much less in the event that someone gets ahold of your card information online.

Go directly to the source to make a purchase. Don't click through an email or an ad on social media to get to the website. Going directly to the source ensures that you're at the actual website instead of a phony site that's been created to steal your personal information via phishing or other online scams.

Look for the "s" in the address bar of the browser. Before you ever enter your credit card information for an online payment, make sure you see "https" in the address bar of the browser.

The "s" helps you know the site is secure with measures in place to safely collect your personal information. The "s" isn't always there in the address bar of the browser, but it should appear when you enter your payment information.

For more financial tips, follow @FamFinPro on Twitter or Facebook.
