

## Money Saving Tips

You can save money on groceries. Follow these simple suggestions:

### Before Going to the Store:

- ♥ Plan weekly meals
- ♥ Make a shopping list based on your meal plan
- ♥ Check food sale ads.
- ♥ Use coupons. Check Sunday newspaper and clip coupons for foods you normally buy or need. Remember – coupons do not save you money if you buy products that you don't need. Always compare the price of the item with the coupon with other items on the shelf.
- ♥ Make fresh foods at home instead of using prepared items such as frozen entrees, bakery cakes or salads.

### Choosing a Store:

- ♥ Shop at the store that has the lowest prices for the items you need. That may be a different store every week.
- ♥ Remember that convenience stores usually have higher prices and less variety than supermarkets.

### At the Store:

- ♥ Buy what is on your list. You are more likely to buy too much or buy items that you do not need when you do not use a list.
- ♥ Convenience can cost more. Some examples include:
  - Canned beans
  - Boneless chicken breast
  - Pre-cut vegetables
- ♥ Buy fruits and vegetable that are in season.
- ♥ Buy only the amount of food the family can use even if a large size costs less.
- ♥ Shop alone when possible. Family members or friends may try to get you to buy items you do not need.
- ♥ Do not shop when you are hungry.
- ♥ Watch for errors at the cash register. Some stores will give a customer free items if you are charged the wrong amount.