

Grocery Shopping Tips that will Save you Money

Make Wise Choices

- Shop on a full stomach - you'll buy less snacks and/or things you don't usually buy (and only buy groceries, not gifts, at the grocery store!)
- Go armed with a list - and stick to it (especially if your kids are "helping")
- Plan your meals for the week before you shop and then buy what's on the menu - start with planning for 3-4 days if all week seems too much
- Shop only once a week - you'll tend to spend more if you stop at the store every day or several times a week
- Shop when you have energy and aren't worn out from a busy day - it's easier to focus and make wise choices when you've got energy and aren't preoccupied
- Return your bottles and cans for the deposit that you paid
- Shop in familiar stores when you're tired, stressed or in a hurry - you'll find what you need and be able to get finished quickly



Plan Ahead

- Plan meals so that you have leftovers for lunch the next day - or freeze leftovers for a quick meal another day
- Package your own treats, juices and snacks - buy the large package and box of baggies and make your own individually wrapped packages to grab on the run
- Buy less canned and packaged convenience foods - also shred your own lettuce and cheese (cheeses often freeze well too!)
- Clean out your fridge and cupboards once a month - use up what you bought
- Organize your food storage cupboards and drawers - if you don't know what you have or can't find what you bought, you'll end up buying more of the same unnecessarily
- If you stock up, watch expiry dates and package the food to preserve it as long as needed
 - If you buy large packages or meat, pre-cook or marinate it and then freeze it to speed up meal times - if you know you've got food ready at home, it's less tempting to eat out
 - Spend some time once a week washing and/or cutting up fruit and vegetables - this will speed up dinner and lunch preparations and provide healthy snacks that are ready to go



Shop and Save

- Don't buy snacks on the run - they are often less healthy and more expensive
- Get creative and try new foods - you may find less expensive food that you enjoy as well!
- Shop with a calculator and add things up as you put them in your cart - it will help you stick to your spending plan
- Learn how to cook or bake - hit up a family member for help or take a class
- Buy non-food grocery items like detergent or garbage bags at a discount store
- Only buy what you need and can afford; 3-for-1 is only a good deal if you can use three
- Price check and shop around for discounts on items you buy regularly
- Remember that smaller sizes can sometimes be a good deal
- Don't automatically overlook no-name or store brands
- Even if it's "on sale," it's only a good buy if you will use it!

