Money-Saving Tips

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

Before Going to the Store

- ♥ Plan weekly meals. Your family can help you plan the menu.
- ♥ Make a shopping list based on your meal plan.
- ♥ Check the food sale ads.
- ♥ Use coupons. Check the Sunday newspaper, and clip coupons for foods you normally buy or need. Ask your children or another family member to help you. Remember—coupons do not save you money if you buy products that you don't need. Also, store brands may be cheaper than the name brands with the coupons.
- ♥ 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 tend to 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 to 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 breasts
  - Precut vegetables
- ♥ Buy fruits and vegetables that are in season.
- ♥ Buy only the amount of food your family can use, even if a larger 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. Sometimes sale items do not ring up on sale. Some stores give customers free items if they are charged the wrong amount.