



# 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.
- ♥ Look for websites or apps for your phone that help you find sales for items you normally buy.
- ♥ Check for coupons online, in the newspaper, and in store mailings. Ask your children or another family member to help you.
- ♥ Remember—coupons don't save you money if you buy products that you don't need. Always compare the price of the items you have the coupons for with the price of similar items, such as the store brand.
- ♥ Make fresh foods at home instead of using prepared items like salad from a salad bar, prepared foods from a deli, or microwave meals.



## Choosing a Store

- ♥ If you can, shop at the store that has the lowest prices for the items you need. That may not be the same store every week.
- ♥ Remember that convenience stores have higher prices and less variety than supermarkets.

## At the Store

Buy what's on your list. You're more likely to buy too much or buy items that you don't need when you don't use a list.

- ♥ Convenience foods cost more. Some examples include:
  - Canned beans
  - Boneless chicken breasts
  - Precut fruit and vegetables
- ♥ Buy fruits and vegetables that are in season.
- ♥ Shop alone when possible. Family members or friends may try to get you to buy items you don't need.
- ♥ Don't shop when you're hungry.
- ♥ Watch for errors at the cash register. Sometimes sale items don't ring up as being on sale. Some stores give customers free items if they charged the wrong amount.
- ♥ Look for store brands. They're usually just as nutritious as the more expensive name brands.
- ♥ Stores often stock the priciest items at eye level, so look at the upper and lower shelves.