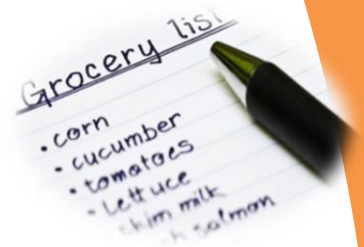


Grocery Shopping Tips That Will Save You Money

Learn How to Shop Smartly

- Shop on a full stomach so you won't be tempted to buy snacks and unnecessary items.
- Plan your meals before you shop, and make a list of what you need.
- Go grocery shopping with a list and stick to it.
- 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're feeling good.



Plan Your Meals Ahead of Time

- Make use of leftovers by preparing a bigger meal.
- Package your own snacks instead of buying individual juice boxes or snack packs.
- Clean out your fridge and cupboards once a month and use up what you bought.
- Organize your food storage cupboards and drawers.
- Watch expiry dates. Use up the item or freeze/preserve it as long as needed.
- If you buy large packages of 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



Look For Ways to Save

- Don't buy snacks on the run - they are often less healthy and more expensive.
- Try new foods - shopping at ethnic markets tend to be cheaper.
- 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 so you'll be more inclined to eat in.
- Price check and shop around for discounts on items you buy regularly.
- Only buy what you need and can afford; 3-for-1 is only a good deal if you can use three!
- Even if it's "on sale," it's only a good buy if you will use it!

