

Stretch Your Grocery Dollars



Planning Shopping Trips

- Keep a pad and pencil handy for jotting down foods as they run low. Encourage all family members to add to the list.
- Don't shop with a hungry or tired child, or when you are hungry.

At the Store

- Stick to your shopping list; avoid impulse purchases. However, watch for "in store" specials that you know you can use.
- When buying a food for the first time, buy a small amount in case you don't like it.
- Use in-store flyers to find items on sale.
- Invest in staple foods like canned fruit, tuna, or sauces when they are on sale.
- Avoid buying pre-cut fresh foods; cut your own to save money.
- Use coupons only for foods you would normally buy and if a cheaper store brand is not available.
- Buy a larger package only if the unit price is cheaper (check shelf label) and if you will use it all before it goes bad.
- Buy store brands; they usually are similar to brand name products but cost less.

Other Tips for Saving Money

- Plan meals around items that are on sale, especially costly items like meat and fish.
- Select canned and frozen foods when they are cheaper than fresh; avoid foods with added salt or sugars.

Adapted from: Henneman, A. (2008). Supermarket Savings: 16 Tips that Can Total Big Bucks.