

16 Tips for Saving Money at the Supermarket

1) KEEP A GROCERY LIST

If you keep a grocery list, you are less likely to buy things you do not need. Grocery lists can also help save you gas money since you will get everything you need in one trip.



2) CHECK YOUR GARBAGE

Do you ever throw food out? Try to make sure you are eating food before it goes bad. Have bananas that are too ripe? Use in banana bread or smoothies instead of throwing them out.



3) AVOID SHOPPING WHILE HUNGRY

Everything looks good when you have an empty stomach! Eat a snack before shopping to prevent buying more than you need.



4) BROWN BAG IT

Try bringing your lunch to work or school most days of the week. A nutritious bagged lunch can be as simple as a peanut butter and jelly sandwich and a piece of fruit, or leftovers from last night.



5) BE SMART WITH COUPONS

Look for coupons in newspapers, magazines and online. Only use coupons if it is a food you normally eat, or are willing to try.



6) CHECK EXPIRATION DATES

Avoid buying food that is past its expiration date. Foods on sale are often near the expiration date and may be a good purchase if used in time.



7) CONVENIENCE FOODS COST MORE

Consider how much time you are really saving when buying certain foods. Whole fruits and vegetables cost less and also last longer than pre-cut fruits and vegetables.



8) SMALL SCALE EXPERIMENTS

The first time you try a new food, buy the smallest package size in case you do not like it.



Check out more tips on the back!



9) STOCK UP ON STAPLES

Stock up on shelf-stable staple foods such as tuna, pasta and canned vegetables when they are on sale.



10) BUY IN BULK WHEN THE PRICE IS RIGHT

Do the math and check if you will really save money with the larger package. Will you be able to eat all of the food before it goes bad?



11) SAVE WITH STORE BRANDS

Store brands are similar in nutrition to name brands, but often cost less. In many cases, you may not even be able to tell the difference!



12) PREVENT FOOD FLOPS

When you are trying to cook with a new food, look into cooking methods and recipes before buying. Grocery store staff may be able to help you with new foods or cuts of meat.



13) KEEP TRACK OF SNACKS

Many snack foods can be very expensive. Choose low-cost, nutritious snacks like cut-up fruits and vegetables with crackers or nut butter instead.



14) SHOP THE SPECIALS

Plan your menus around sale items, especially with more expensive items like meat. When you see a great deal, stock up and freeze the extra.



15) THINK BEFORE YOU DRINK

Buy a reusable water bottle instead of buying bottled water. Not only is this good for the environment, but it is also good for your wallet. Limit sodas and fancy coffees to help save money.



16) CHECKOUT TEMPTATIONS

The checkout aisle is the last stop at the grocery store, and often is stocked with different candies, sodas and sugary granola bars. Think twice and ask yourself if you really need the item before buying.