



Saving Money at the Grocery Store



Utilize frequent shopper cards

If your grocery store offers one of these kinds of cards, get one and save on food items and other household items.

Plan before you shop

By planning a weekly menu, you can be aware of exactly what groceries you will need. Write down each recipe title and list the ingredients you will need to make them.

Buy fresh fruits and veggies that are in season

In-season fruits and vegetables are cheaper. For example, strawberries are less costly in July than in December. Frozen and canned vegetables and fruits are also good low-cost options in or out of season.

Make a list before you shop

Making a grocery list will help you avoid impulse buys. Consult stores' sales flyers to help you plan your list.

Don't shop hungry

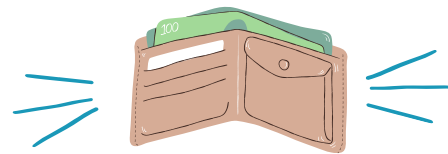
Research shows that shoppers that shop hungry spend up to 17% more than those who didn't. Eat something before you shop; your wallet will thank you!

Shop the bottom shelves

Grocery stores put the most expensive products at eye-level. Cheaper items are usually found lower down.

Use what you have

Plan your weekly menu based on what you already have. For example, if you have a can of beans in your pantry and leftover shredded cheese in the refrigerator, make a taco salad or bean burritos. Do you have ground beef in the freezer? Plan for meatloaf or spaghetti and meatballs.



Avoid convenience items when possible

Buying salad dressing is a lot more expensive than making your own. Cutting your own vegetables is much cheaper than buying pre-chopped ones at the salad bar.

Keep a list of foods you use often, and stock up during sales

If you know what foods you consistently use, you can watch for sales and stock up when they are at lower prices. Buy multiple packages or food in bulk. Meats, vegetables, and some fruits freeze well. Pantry items will store for a long time, so it's worth the money you will save.

Buy store or generic brand to save money

Generic products often have the same ingredients as private labels but are much lower in cost.

Solid Ground believes poverty is solvable.

We meet basic needs, nurture success, and spread change.

WEB: solid-ground.org/get-help/food-resources

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