

Saving Money at the Grocery Store

Use frequent shopper cards

If your grocery store offers a frequent shopper card, get one to save on food and other household items.

Plan before you shop

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

Buy fresh fruits and veggies when they're in season *(see p. 9)*

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

Make a list before you shop

Make a grocery list to help avoid impulse buys. Read stores' sales ads and flyers to help plan your list.

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.

Don't shop hungry

Research shows that shoppers who shop hungry spend up to 17% more than those who don'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. You can usually find cheaper items lower down.

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're at lower prices. Buy food in bulk or multiple packages. Meats, vegetables, and some fruits freeze well. Pantry items can store for a long time, so it's worth the money you'll save.

Buy store or generic brands to save money

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