



# Save at the supermarket



While the cost of food is out of your control, smart shopping habits will help keep your grocery bill more manageable.



## TIPS TO SAVE ON GROCERIES



### SHOP WITH A LIST

Grocery stores know just how to tempt you to make impulse purchases. With eye-catching end cap displays and strategically placed snack foods, it's easy to end up bringing home more than you intended. Instead, make a detailed list before you go and stick to it.

### CHECK THE CABINETS

How many times have you purchased an item only to find you already have it hidden in the back of your pantry? As you make your shopping list, carefully check your current food supply to make sure you really need the ingredients.

### BUY IN BULK

When possible, purchase family-sized or bulk items for your most commonly used ingredients. This works especially well for meats, beans, rice, grains, and pasta. When you get home, promptly freeze or store the extra. You can also join a wholesale club to get better prices on bulk food.

### EAT SEASONALLY

Fruits and vegetables are cheapest when in season. For example, berries are more expensive in the winter than during peak berry season in the summer. Oranges and other citrus are usually cheapest during the winter months. Opt for in-season produce whenever possible.

### STOCK UP

Buy more than one when your favorite foods go on sale. Dry goods generally keep for a long time, and many fresh foods can be frozen for longer storage. Keep in mind that you should only stock up on ingredients you regularly use.

### LOW-COST RECIPES

How you choose to eat is a major determinant of your food budget. If you like to cook gourmet, you'll need fancier ingredients that cost more. Instead, find tasty recipes that use inexpensive ingredients. Examples include beans, rice, frozen vegetables, tuna, potatoes, and eggs.