



Shop Smart to Fill Your Cart

Following are some tips on how to save money at the grocery store.

- Take time to plan your menus for the week.
 - Check out store flyers to see what is in season. Know regular prices on items you usually buy and buy these items when they are on special.
 - Make sure you have a grocery list.
 - Shop only after you've eaten and shop alone in order to avoid impulse buying.
- Look high, look low. Bargains can be found on the top and bottom shelves. Items the store wants to sell are located on shelves between the shoulders and the knees with the most expensive items placed at chest height.
 - Use coupons only when it will help you save and only on items you would normally buy.
 - Check out expiration, sell by, and use by dates to avoid buying items that are past their prime. Purchase sale items that are near their expiration only if you plan to use them soon.
 - Don't buy costly convenience foods when in a matter of seconds or minutes you can prepare the same foods at home from scratch. (Ex: cinnamon sugar takes seconds to make while oatmeal takes only a few minutes) Convenience foods are generally higher in fat, sugar and sodium and have less nutritional value than home-cooked meals.
 - Stick to the perimeter or outer edges of the store in order to find the healthier, less processed foods. And remember you don't need to go down every aisle. Just stick to your grocery list.
 - Stock up on food staples when they are on sale. Buy store brand vs. name brand as there is not much difference in taste. However, the appearance may be less than perfect.
 - Check unit pricing on items to find per ounce, per pound, and per container size. Larger sized items aren't always the best buy.
 - Think before you drink. Water is free. Coffee made at home can save you as much as \$300 a year.
 - While you're waiting in line think twice before reaching for those tempting items at the checkout.

\$Supermarket \$aving\$: 16 Tips the Total Big Bucks! Nebraska Extension Lancaster County;
101+ Ways to Save Food Dollars Alabama A&M and Auburn Universities Extension;
www.choosemyplate.gov